Umlando wokuhamba ophathelene nezinto ezithile.

UNGAKUKEPHASA KANJANI UKUVAMILE KWENDAWO YOKUSEBENZA?

*** Qala ngokususa zonke izinto ezikhuthazayo. Lokhu kufaka ukusula yonke into ehlobene nokutshala kwayo, njengamabhodlela, amaphayiphi kanye nezikhwama.**
*** Thola usizo lwezempilo. Ukuyeka ukusebenzisa okokuziphilisa kungaba yinto enzima, futhi ungase udinge usizo oluvela ochwepheshe. Ungaxhumana nomdokotela noma umeluleki ukuze uthole izindlela zokuyeka.**
*** Joyina ikhefu lokwelapha. Ukuxoxa nabanye abantu abalwa nokuziphilisa kungakusiza uzizwe**

ungaso wedwa futhi ufunde ukuthi ungakwazi kanjani ukulawula imvuthuzo yakho.
*** Zilungiselele ukuphindaphindiweka. Kungaba yinto enzima ukuyeka ukusebenzisa okokuziphilisa, futhi kungase kube khona izikhathi lapho ufuna ukuthi ubuze. Ungazimiseli uma uphindaphindiwe, kodwa qhubeka uzama.**
*** Yiba nesipiliyoni esihle. Ukwenza izinto ezijabulisayo kanye nokuxhumana nabangani nomndeni kungakusiza ukulungisa imvuthuzo yakho futhi uvimbele ukuphindaphindiweka.**

Nazi ezinye zezindlela ongayisebenzisa zokuyeka ukusebenzisa okokuziphilisa:

*** **Ukwelapha ngamakhambi.****

Kunezindlela eziningi zamakhambi yangempela ezisetshenziselwa ukusiza abantu bayeke ukusebenzisa okokuziphilisa. Lezi zindlela zifaka i-methadone, ibuprenorphine kanye ne-acamprosate.

*** **Ukwelapha ngokwengqondo.** Kunezinhlobo eziningi zokwelapha ngokwengqondo yangempela ezisetshenziselwa ukusiza abantu bayeke ukusebenzisa okokuziphilisa. Lezi zindlela zifaka ukukhuluma, ukwelapha ngomfihlo kanye nokwelapha ngohlanga.**

*** **Ukuxhasa.** Ukuthola usizo oluvela kumuntu omdala, ikhefu lokwelapha noma umndeni kungakusiza ekuhambeni lwakho lokuyeka ukusebenzisa okokuziphilisa.**

Uma ufuna usizo, sicela uhlanganyele findahelpline.com.

Ukusebenzisa i-Recovery Kernel Framework.

Cocaine · I-Crack Cocaine · I-Freebase · I-Coke · I-"Snow" · I-"Rock" · I-Benzoylecgonine

⚠ UMHLOBO WEMISEBENZI YOKULUNGISELA NGOMLANDO - AKUYONALO UKWELAPHO LWOMEDICALI | Ngokungathi ngephutha: shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 noma uthume umlayezo ku-SADAG: 0800 567 567.

UKOKUSEBENZISA UKOKHAPHA KUNGADALA UKUGULA KWENHLIZI NAMA-STROKE - KUBAKWA ABANEMINYAKA YOBUSHA.

Ubunyembezi ekhokhoni ngesikhathi noma ngemuva kokusebenzisa i-cocaine buwubufakazi bokugula kwezinhliziyo. Shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 ngokushesha.

Isigaba esilandelayo sizokwenza ukuthi uqonde kangcono indlela yokusebenzisa leli thuluzi.

Uketshezi (cocaine) yindlela yokwelapha eyayikhona ngesikhathi lesi sihlahlo seningi sabalwa. I-"Warrior constitution" - ingqondo ye-COMT enobubanzi be-Val/Val esebenza kancane, edinga ukukhuthazeka ukuze izwe, efumana ku-uketshezi isignali eyayifanele yodopamine okumele ayithole ngokuphazamiseka kwama-enzymes ayo - uketshezi kuyindlela yokwelapha oyintsha kakhulu kumuntu onolu daba.

Lolu akuyona ukulinganisa. Incwadi ibalulekile ngqo: umuntu onobunzima "Warrior" uyakhathazeka kakhulu ngemithi ekhuthaza imithambo yegazi — kokhethi, i-methamphetamine, ikafe elikhulu — kanye nokukhuthazwa ngokuziphatha: ukugembula, ukuqala izinto eziyingozi, ezemidlalo eyisicucu, ubudlelwane obusha. Le mithi yenza ukuthi idopamine ifike ngokushesha kakhulu kumithambo yegazi kunalokho i-COMT engakwenzela, okubanga umuzwa wokukhulelwa ongumnotho olungabonakalisi ukuthi umuntu ukhulile.

Ukuyiqonda lokhu akuyona into ongayiphoshelwa. Kuyisisekelo sokuhlaziya konke okulandelelayo. I-cocaine ayikaze idale ukuntuleka kwengqondo. Kusetshenziselwe ukwenza kusebenze okunye okuye kwaba khona kusengaphambili. Ukululama kuwukuphinda ukwakha ubunjiniyela bomswakama ngaphandle kwezidakamizwa—impilo ehlelwe ngokwendlela yobungqondo yangempela yomdlali, ngezindlela ezingenzeleli ukuphazamiseka kwegebhisi ngeminyaka engu-32.

Uketshezi kuhluke ne-methamphetamine ngendlela ethile, okuyinto eyenza ukuhamba phambili ekulophenyweni kube yindlela ehlukene. I-meth iphakamisa i-dopamine ngokushintsha izithuthukazi, kodwa uketshezi kukhahlaza i-dopamine, i-serotonin, NE-norepinephrine ngasikhathi sinye—lokhu kuyi-"triple reuptake inhibition" okwenza uketshezi kube yinto ehlukile. Le ndlela eyisithathu yokusebenza kusho ukuthi uhlelo lwe-serotonin luphazamiseka kanye nohlelo lwe-dopamine, futhi ukuphakamisa kwe-norepinephrine kubanga ingozi ye-cardiovascular eketsheni. Ukulophenya kulungiselela zonke lezi zindlela ezintathu.

Futhi kukhona ingxenye yengozi yokufakwa kwezinto ezingafanele kokhokheji, okuyinto eyayingozi kangangokuthi ayikwazi ukushiywa ngaphansi kweminye imiyalelo. Iningi lokhokheji elitholakala manje kufakwe kulo i-levamisole, okuyi-ejenti yokwelapha izilwane ezikhishwa ngezindlebe futhi eyadonsa amaselula ebulungiswa. Lokhu kungaba nomthelela onobungozi futhi kungaholela ekufeni. Lena akuyona ingozi ethize kuphela. Kumele kukhunjulwe, kuyinto evamile futhi engaboniswa ngokwanele. Le ngxenye izokhuluma ngale nkinga ngokuningiliziwe.

Isigaba 0 — Ukuphepha Okubukhoma: Funda Lokhu Kuqala.

⚠ UKOKUSEBENZISA I-COCAINE KUNGADALA UKUGAYWA KWEMPILO (INHLIZIYO) NOKUBUKWAYO KUMANTOMBOLO EMLINGISINI, KUBAKUBASEMNATHI ABANENSIMBULULO YOBUSHA. FUTHI, ABASEMNATHI ABANGENALO MPLAFALELO WOKUGAYWA KWEMPILO. NGENKUDLAZO, KUNGABA UKUPHINDA KWENGXUBU, UKUQAPHEKA KWEMIBALA, UKUCHAZA KWESANDLA ESINGEKUNENE, UKUSHAYA KWOMPHilo, NOMA UKUQALWA OKUMKHULU KWENHLIZIYO - DLALA KU-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 NGASO SONKE ISIKATSHAMI. UNGAHLANGANISI.

Inkundla yezimo eziphuthumayo zenhliziyo.

I-CENTURION - Indlela yokulala eyinguqulo kuphela kwe-cocaine phakathi kwayo yonke imikhiqizo.

I-cocaine idala izinkinga ezihlobene nomjondolo ngenxa yezindlela ezintathu ezihlanganisiwe ezidlala indima ekwenzeni ukuthi umjondolo ube nezingozi ezingabonakali kunezinye izinto ezetshenziswa njalo:

Inqubo.	Yenza kanjani enhliziyweni?	Kungani kubulala abantu abasebenza.
Ukuthinteka kweemithambo egcwele igazi ehlanganisa inhliziyo.	Uketshezi kubanga ukucindezelwa okukhulu nesheshayo kwezicubu zamathambo ezinkampane zombili - amathambo ahlinzeka ngobhuku kumphahla wentshisi. Ithambo lingavala ngokuphelele, linyatheza ukuhamba kwegazi eya emphahleni wentshisi.	Umuntu oneminyaka engama-25, onamagazi agcwele futhi angenayo ukukhilimu kwayo, angathola ukuvuvukala kwehliziyo ngenxa yekokhethi ngoba ukubambezelela ngokwazo—hhayi ukukhilimu—kubalula umgudu wegazi. Izindlela ezivamile zengozi yokugula kwehliziyo azibalulekanga. Amagazi agcwele angabamba futhi avuleke.
Ukunyuka kwe-norepinephrine.	Ukuthinelwa kwe-norepinephrine ngocoko yenza ukwethembeka okukhulu kwengxenye yesimo somzimba: ukunyuka kakhulu komthamo wentshisi, ukuphakama kwegazi, nokwandisa umsebenzi wezinhliziyo.	Inhliziyo ngokushesha idinga ukuthi isebenze ngokugcwele kakhulu, kodwa inalo ukuthi umfutho wayo wegazi anganciphise ngesikhathi esifanayo ngenxa yokuvalwa kwamathambo. Le kombinezela — umsebenzi ogcwele kakhulu, ukuncipha kokuhlinzekwa — iyindlela yokugqwashwa

		kwenhliziyo (myocardial infarction).
Ukuhlanganiswa kwamaplateleti.	Uketshezi kukhulisa ukusebenza kwamaplatelets kanye nokuhlanganiswa kwazo—indlela yokuvinjelwa. Uma kungekho kokunye, lokhu kusengxubeni ne-vasospasm kanye nomsebenzi omkhulu wekabhithi yezinhliziyo, ukwakheka kweklothu endaweni yesiphithiphithi kuba ngokushelezelayo.	Ukusebenza kwezindlela ezintathu—ukuvinjelwa kwamathambo, ukukhuluphala komsebenzi wehliziyo, nokwanda kokuhlanganiswa kwegazi—kusho ukuthi ingozi yezifo zenhliziyo eduzeni ne-cocaine ayidingi ukuba ibe ngcono ngokuhamba kweminyaka. Umuntu oneminyaka engu-28 ungenza ukuphila kukafile ngenxa yokudakwa kanye, ngaphansi kwezimo ezifanele.

⚠ UKUDLALA KOKOKA kanye NOKUTSHINTSHA = I-COCAETHYLENE. ULWAKABUSHENI LWALO HLANGANISHO LUBUDAKALE KUNALWO OLULODWA, futhi luyimbangela enkulu yobulula obubangelwa kokoka. UNGAHLANGANISI lezi zinto.

Uma ukokhethi kanye nomuthi ogama liko-lalikholu zisebenziswa ndawonye, igile leliqala ukukhiqiza okubi okugama liko-cocaethylene — into esetshenziselwa ukwakha umuthi enombala omude kunokokokhethi, ubungozi obukhulu empilweni yenhliziyo, kanye nobungoti obukhulu kunoma yiliphi leli zinto ezimbili ngokwayo. Indlela evamile yokusebenzisa ulikholu kanye nokokhethi ukuze "luncishiswe umthelela" kudala into eyingozi kakhulu kunoma yiziphi izinto ezimbili. Lena akuyona nje ukufundiswa kwezifundo zombhalo — kuyindlela esebenza ngayo ekuhlosweni kwabadilizwa abaningi abagulwe ngokokhethi.

Ukwazisa kanye nokuphendula ekugqwashiseni.

- Ubunyembe, ukubamba, noma ingcindezi ehlwini - ubungozi bezinhliziyo. Shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112. Ungalingabazi ukuthi kungenxa yokukhathazeka.
- Ubunyembezi noma ubuhlungu esandleni esini—ingxabano yezinhliziyo. Shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 ngokushesha.
- Ubuhlungu obukhulu kakhulu ebuchwini - kungaba ukudlwempunga kwengcinezelo elilukhuni. Shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 ngokushesha.
- Ukuhlazwa, ukukhuluma okungahleliwe, ukuphonsa kobufuna, amandla engxenye yomzimba ahamba—ukuvalwa kwengqondo. Shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 ngokushesha.

- Ukungcwaba - ukungcwaba okubangelwe yikokhethi kungenye yezinkinga ezinkulu zempilo. Shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112. Faka umuntu endaweni yokuphela.
- I-hyperthermia (ukushisa komzimba esingaphezu kuka-104°F) - yenza izindlela zokuhlanza ngokushesha (faka amaphakethe ekhilasi endlebeni, ezandleni, nasezindlwini) futhi shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112.
- Ukungqubuzana okukhulu, ukukhathazeka, noma ubuhlungu bomqondo—ubuhlungu bomqondo obuqoqiwe ngocokheji. Yisa umuntu endaweni engakhululekile. Shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 uma kukhona ingozi yokuhlushwa noma uma umuntu angakwazi ukugcinwa uphephile.

Akukho umuthi onamandla ofanayo ne-naloxone ekwelashweni kwezinkinga eziholele ukudlala kwayo i-cocaine. Ukwelashwa kubandakanya ukunakekelwa okuyisizo - ukuphatha izimpompo ezithintekayo, ingqondo, kanye nomswakama ngesikhathi i-cocaine iyasihunyushwa umzimba. Isikhathi nokunakekelwa okuyisizo kuyindlela yokwelashwa.

Inkinga ye-Levamisole – Umthuli Abantu Abakhuluma Ngayo.

I-CENTURION - Iningi koketshezi kokuyaqhutshwa manje kufake ukudluliselwa kwezilwane esiphatha amaselula abomhlophe.

Levamisole iyindlela yokwelapha ezilahlweni (eyasetshenziswa ukuhloma izilwane) esetshenziselwa ezilwaneni. Itholwe ezingxenyeni zikanini eziningi ezihloliwe e-United States naseYurophu iminyaka engaphezu kweyishumi. Isizathu sokuthi kungakanani okufakiwe kanini asazi kahle—kungenzeka ukuthi kuthuthukise umthelela wekanini ngokusebenzisa izindlela zokwenza ama-dopamine, noma kungaba nje into eyengezwa ukuze ikanini ibe mnene ngesikhathi sokwelashwa.

Ingozi: Ilevamisole ibanga ukukhishwa kwamagciwane amhlophe (ikakhulukazi ama-neutrophils). Ngenxa yengxenye yokuthi ayiwa, umzimba awukwazi ukuphekela ukwelapheka kwebakthiriya. Ukukhishwa kwamagciwane amhlophe okubangelwe yi-levamisole efihliwe kokhiye (cocaine), kungaba nomthelela onobungozi empilweni.

⚠ IZIMPUMPUZO ZOKUGAYWA KWE-AGRANULOCYTOSIS NGOBUNGOZI BUKA-LEVAMISOLE: Ubushushu, izifo ezimhlane, ubuhlungu obukhulu emgodini, noma ukuba lula kakhulu kwezifo. Uma usebenzisa i-cocaine futhi uthole noma yiliphi lezi zimpumuzo — yiya ngokushesha esikhungweni sokunakekelwa ezimbalenhle bese ubadubule ukuthi usebenzisa i-cocaine. Ukuhlolwa kwegazi elula (CBC) kuzobonisa ukugaywa kwe-agranulocytosis. Kungwelaphathakala uma kutholwe ngokushesha futhi uma ukusetshenziswa kwe-cocaine kuyekisiwe.

- Kulinganiswa ukuthi i-Levamisole itholakala cishe ku-70–80% yomthamo we-cocaine eMelika.
- I-agranulocytosis ingaqala kubantu cishe aba-3–8 abathintekile nge-levamisole—ingxenye enkulu kakhulu.
- Izimpawu zivamise ukubonakala ngemva kwamaviki ayi-1 kuya kwayi-3 ngemuva kokuvezwa, futhi zingase zihlotshwe njengezifo ezivamile.
- Ukwelashwa: Yeka ukusetshenziswa kwe-cocaine ngokushesha futhi yeka ukuvikela kulevamisole. Ukwehla kwama-granulocytes ngokuvamile luyavuka phakathi nezinsuku ezingu-2–3 ngemuva kokuyeka. Izimo ezinzulu zidinga ukwelashwa esibhedlela kanye nokwelashwa nge-granulocyte colony-stimulating factor (G-CSF).
- Amabhithi okuhlola i-fentanyl ayibonisi ukukhona kwe-levamisole. Njengamanje, akukho ukuhlolwa okunwetempela elitholakala kalula kubathengi ukuze kuhlolwe ukukhona kwe-levamisole. Ukwazi ukuthi iyikhona kakhulu ekokhethini kanye nokugada izimpawu kuyindlela yokuvikela enokuqiniseka.

Ilanga 1 — Okunjani Ukuthi I-Cocaine Yenza Kubuhlungu Ubuchopho Bakho.

I-CENTURION - Ithrekhi Elithathu Elilumkile Ubuchwepheshe Bempilo Yombhali.

I-cocaine iyisibali esithathu somthuthwana we-reuptake: ixhasa ukubalwa kwe-dopamine transporter (DAT), i-serotonin transporter (SERT), kanye ne-norepinephrine transporter (NET). Kungalena okuhlukanisa leli thuba ne-methamphetamine, ekugcineni iyenza ukukhishwa kwe-dopamine. I-cocaine ayikhishi—iyavimbela ukuphindaphinda kwakho, ivumela i-dopamine, i-serotonin, kanye ne-norepinephrine ukuthi ziqokelele esifunzini futhi ziyeke ukuxhumana kakhulu kunalokho okujwayelekile.

Umphumela uyinto yokukhuphuka ngasikhathi esisodwa kanye nokukhulu, kuyo yonke imihlelo emitatu ye-monoamine—okubanga umuzwa oyinguqulo we-cocaine: injabulo enhle kakhulu kanye nomuzwa wokuba uphile (idopamine), ubuhle bomphakathi nothemba (iserotonin), amandla nokugxilisa ingqondo (i-norepinephrine). Le "triple hit" iyinto eyinguqulo ye-cocaine. Futhi yingakho ukwehla kwe-cocaine kuvamise ukuba nzulu futhi okuphelele kunokunye okuningi okukhiqiza amandla kuphela.

Izinhlelo ezintathu zokuphazamiseka kwe-cocaine.

System	Yini okokhethiwe ngama-cocaine?	Okukhulu okudingekile ekululazeni: * Ukuzimisela * Ukweseka * Ukuvuma inkinga * Ukwazi ukuthola usizo * Ukuba nesipiliyali somtholimpi * Ukusebenzisa izindlela zokwelapha ezifanele * Ukugcina impilo engcono
I-dopamine (ukuvalwa kwe-DAT).	Kuvinjiwe umthombo wedopamine—kwenziwa ukuthi udopamine ungabuyeli, okubanga ukuthi uqhubeke esikhungweni semiyalelo (synapse) isikhathi eside kakhulu, cishe izihlafu ezingu-3–5 kunalokho okuvamile. Isiginali senjabulo yaba nzulu futhi yaqala isikhathi eside. Izindlela ze-D2 zihlaziywe ngenxa	Ukukhuliswa kwezikhathi-mbili ze-D2 ngokuphumula kanye nokuthakaselwa kwe-BDNF. Ukwesekwa kwempishi yodopamine (tyrosine). Uhlaka olunamandla lokuzivocavuca okuyingqungquthela. Ubuhle obuncane, obungenacala bokululama kokuqala kokusetshenziswa kwe-cocaine bukhombisa ukuntuleka kwe-D2—izikhathi-mbili ezilalela isiginali ziningi kakhulu ngempumelelo. Zibuya. Yakha ukuze uziholele kuzo.

	yokugcwala okungavamile okwenzeke kakhulu.	
I-serotonini (ukuvalwa kwe-SERT).	Ukubanjwa kokutholakala kwe-serotonin— ubuhle bomphakathi, ukuzethemba, kanye nokukhululeka ngokwezinhlelo zengqondo ezibandakanywe emithweni yomphakathi ye-cocaine kakhulu kuxhumene ne-serotonin. Ukubanjwa okuphansi kwesikhathi eside kubangela ukwehla kwezinga le-serotonin ngokuhamba kwesikhathi.	Ukubuyisela i-serotonin nge-5-HTP ne-5-MTHF. Lena yingxenye yokululama eketshelweni kwe-cocaine engaxutshwa kakhulu kuluhlu lokwelapha izinto ezikhuthazayo (meth) — ngoba imiphumela ye-serotonin ye-meth ibalulekile kancane, kuyilapho leye-cocaine zibaluleke kakhulu. Ukukhulisa ubudlelwano nomphakathi okuhlinzekwe yi-cocaine kuwubufakazi bokuthi i-serotonin ibalulekile, futhi kufanele kubuyiswe ngendlela yobupilo.
I-norepinephrine (ukuvalwa kwe-NET).	Ukubanjwa kokutholakala kwe-norepinephrine— okuhlinzeka ngamandla, ukugxilisa ingqondo, ukuzimisela, kanye namandla omzimba afana nomthelela wokuqhuba we-cocaine. Nakho okwenza kube nomngcipheko kakhulu kwezinhliziyo: ukunyuka kwesilinganiso sempilo, ukunyuka kwegazi, kanye nokucindezelwa kwamathambo ezinhliziyo.	Ukunoma kwesikhathi esiyisixathu se-HPA. Ukugxilwa kwe-norepinephrine okwedlule ngokusetshenziswa kwegeyisi kubanga ukukhathazeka nokuntula amandla ekuqaleni kokululama njengoba umzimba uphumula ngemuva kokusebenza kwesikhathi eside. Ukuzivocavoca (okwenza ngokwemvelo ukugxilisa i-norepinephrine ngezindlela ezilawulekayo) kuyinto eyinhloko yokulungiswa kwe-norepinephrine.
Ukwelapheka kwendawo yangakafeni (ukuvala ama-channel e-sodium).	I-cocaine yiyona kuphela into ebanzi esetshenziswa futhi eyisiduli sezindawo— eyenza ukubaleka kwezikaneli ze-sodium ezindaweni zama-nerve. Lesi kuyindlela yokusetshenziswa kwayo yangaphambilini emtholampilo futhi kuchaza ukungathathi hlangothi okuhambisana nokusetshenziswa kwayo ngendlela efushane	Umonakalo wezindlebe ovela ekusetshenzisweni okuphindaphindiwe kwe-cocaine ngendlela yokufakwa ngezindlebe uyingxenye yomonakalo obangelwa ukutoxa kwendawo yangempelasonto ezindlebeni kanye neyingxenye yemiphumela yokunciphisa ubungozi, okuyinto ephansi ukuhamba kwegazi. Ukululama kwezindlebe kudinga ukuyeka—futhi ukuhlaziywa ngudokotela ochwepheshe wezinye izimpahla zenguqulelo (ENT) uma kunempilo esonakekile.

	(intranasal).	

I-Bhokisi le-Binge-Crash — Yini Ezenza Ukuthi i-Cocaine Ihluke?

I-CENTURION - Ubude Bomhlaba Obufushane Owayakha Uhlelo Lokuzifela.

I-cocaine inempumela yokuphila engama-plasma emaminithi angu-45 kuya kwangu-90. Le nkathi emfushane iyinto esenza ukuthi kube nokulima okuvamile kwe-cocaine kunoma yimiphi eminye imikhiqizo. Ngokungafani ne-methamphetamine (empumela yokuphila engamahora angu-10 kuya kwangu-12), ekhiqiza umthelela oqhubekayo ohlelweni lwehora, imithlela ye-cocaine ifinyelela kakhulu ngemaminithi angu-15 kuya kwangu-30 futhi yehlisa kakhulu ngehora elilodwa.

Ukuphendula kwengqondo kulolu hlelo: ukudlala kwe-dopamine okubangelwe yokuphakama kokuqala kulandeleka ngamaminithi angu-45 ngokulahlekelwa kancane—ukuntuleka kwebanga elithile le-dopamine njengoba ukuphakama kuyaphela ngokushesha kunalokho izikhathi zokwamukela i-D2 ezilungisekayo. Ukudlala kwokuqeda okwesibili kuya ithathwa hhayi ukujabulela, kodwa ukuvimbela ukwehla. Okwesithathu akuthathwe hhayi ukujabulela, kodwa ukuvimbela ukwehla okuvela kokwesibili. Futhi njalo, ngobusuku obuphela hhayi lapho umuntu enquma ukuyeka, kodwa lapho intambo iyaphethwe.

Le ndlela yokusebenzisa umuthi egwemeka elandelwa ukuthenga okuningi yindlela ethile yokwenzeka kwezokwakheka komuthi we-cocaine — kuhlanganisiwe ekubeni kwalesi siqondiso. Ukuyiqonda akuyona incazelo. Kuyisihloko esichaza ukuthi kungani ukuyeka ngemuva kokusebenzisa 'umugqa omuhle nje' kunzima ngokobupilini, ngendlela engasetshenziswa kumuthi onendawo yokuhlala ende kakhulu.

Ikilasi le-Cocaine - Izimo, Izindlela, kanye Nemikhakha Yabo.

Ifomu.	Indlela.	Ukuqala / ubude.	Ukucwaningiswa okukhethekile mayelana nokululama.
I-cocaine hydrochloride (uthuli).	Intranasali (ukuthunga).	3-5 imizuzu ekuqaleni / 20-30 imizuzu.	Indlela evamile yokusetshenziswa yindlela yokuzijabulisa. Umlingo wengxenye yangaphakathi yomlomo (ukugqolwa), ukuhlikihla komlomo, ukungcola okuphuma ngakunye, ukulahlekelwa umthofu (anosmia). Ukuhlaziywa kwezindlebe nakhozi uma kusetshenziswa njalo. Ukungcoliseka kwe-Levamisole kunephezulu kwi-

			cocaine eguqulwe yamanzi ayithengiswayo emgwaqweni. Umthofu ongempela we-cocaine ('clinical edge') udokumentiwe encwadini yezincwadi ngesikhathi sokuphuthuma ekuziphatheni - ingqondo elindele ukuthi iqalise ukukhumbula umthofu.
I-crack cocaine / i-freebase.	Ukutshiswa (ngokuphefumula).	8-10 sekondi ukuqaleka / 10-15 iminithi.	Ukungene okushesha kunazo zonke izindlela zokuthola uketshezi—ukunyuka okukhulu kudala ubungozi obuqinile kakhulu bokutadela kanye nomkhuba onzima kakhulu wokusebenzisa ngokweqile. Izinkinga zombungayo: 'crack lung' (ukungotshwa kwegazi emthonjeni wembambo), ukuphuza okuphazimekayo, umonakalo wephepha. Ububanzi obuncane kakhulu (isikhathi esingu-10–15 min) kudala ukuthi kufanele uthole okwengeziwe ngokushesha futhi njalo. Indlela yokusebenzisa uketshezi kanye nezimo zomnotho ezihilelekile ziyahlukene futhi zidinga izinqubo ezikhethekile zomphakathi.
I-cocaine hydrochloride.	Intravenous (IV)	Ngokushesha / kuze kube imizuzu eyi-10–20.	Ukufakwa okukhulu kakhulu—idosi yonke ifinyelela ingqondo ngemizuzwana embalwa. Ingozi enkulu yokutadela. Emininingwaneni yokusetshenziswa kwe-IV: umonakalo weveini, i-endocarditis, ukudluliselwa kwe-HIV/hepatitis C, imikhuhlane yezifo ezithathelwayo endaweni yokufakelwa. Ukuhlaziywa kwezifo ezithathelwayo kanye nokunakekelwa kwemikhuhlane kuyizidingo eziphezulu ngaphandle kokwelapha ukutadela.
I-cocaine hydrochloride.	Ukuthinta noma ukusika ngomuthi emzimbeni.	30–45 min ukuqaleka / 60+ min.	Ukusebenzisa kwendabuko eNingizimu Melika (ukugwaya amakhoba akoka). Amanjingisi aphansi kakhulu futhi inengozi encane yokutadwa kunamanye amafomu okusetshenziswa. Kubalulekile kakhulu ukuze siqonde ukuthi ukusebenzisa kwendabuko amakhoba akoka kuhluke ngokwezokwelapha kunesiwekhi esiqinile se-cocaine hydrochloride.
Coca + utshwala → Cocaethylene.	Noma yiluphi uhambo + ukusetshenziswa kwanomolo	Isikhathi esingaphansi - kuhlanganisa nezinto ezinye	Ukuhlanganiswa kwalo mkhiqizo kudala ukukhiqizwa kwe-cocaethylene—ubude obukhulu, ubungozi obukhulu kakhulu ezinhliziyweni, ubuthuli obuphezulu obuyisikhathi esibhalwe. Akusona izingxenye ezimbili ezihlanganisiwe.

	ngomkhakha.	ngaphandle koketshezi.	Kungukudala kwengxube yesithathu, engenjalo futhi eyingozi ngaphakathi emzimbeni. Umphumela wokuhlanganiswa yindlela okubalwa ngayo ukufa okuholelwe kukokhethi, kungenxa yokuthi kunoma ubani osetshenzisiwe kokhethi kanye ne-cocaine.

Yini okokuphakelwa yi-Cocaine — Ukuhlinzekwa Kwezinkinga Zomuntu Ngokwendlela Yomdlalo.

I-CENTURION - Ubuhle Obungenziwa Yimibono Ejwayelekile.

Incwadi yale nqubombolo ichaza ngokucacile: uketshezi kukhuthaza 'umuzwa wokuba uphilile okungenzeki empilweni evamile' kubantu abanenhliziyo ye-COMT "yomsoli". Lokhu akuyona incazelo enhle. Kuyiqiniso lezibonakalisi zombili zezempilo mayelana nomlomo onengqondo esheshayo we-COMT (Val/Val) ohlanganisa i-dopamine ngokushesha kakhulu, okubalwa ukuthi imikhuba yansuku zonke — izimpumelelo, ubudlelwane nabanye, imisebenzi ejabulisayo — ayikwazi ukukhuthaza isiginali esilindelekile esiyadingeka ngalo umzimba.

Ingqondo yomuntu okhangelwe, uma engasebenzi, ingaba njengento efikelwe. Akuyona ukuthi udepressi ngokwembotshana—kuningi okufana nokuthi umhlaba ungabukhali kakhulu kunalokho okumele kube khona. Kunjalo, isignali yokujabulisa iyikhona, kodwa imisiwe. Kungathi ubuka impilo yakho kusukela ngemuva kwegilasi elincane. I-cocaine ihlanganisa leli gilasi. Konke kuba mashesho, kunobungcweti, futhi kukhazimulayo. Ingxoxo iba kahle kakhulu. Umculo uyaba umculo omuhle kakhulu owake wawuzwa. Umsebenzi uba umsebenzi othakazelisayo kakhulu ongase ucabangele.

Akuyona ukungcola. Yilelo elingokuthi kungabonakala kanjani ukuthi amakhemikhali adopamine asebenza kahle ebuchosheni obungalokhu etholanga okwanele kulo.

Ukuziqonda lokhu akusenzi ukuthi i-cocaine iphephile. Kwenze umbizo wokululama ubonakale ngempela: ingqondo yomuntu omdala idinga ukuvuthwa okungenxa, impilo yangempela, kanye nokukhuthazwa kwangempela—okwakhiwe ngezindlela ezingabangeli ukushaya kwehliziyo. Yini enikezwe yi-cocaine? Faka yonke imisebenzi. Yakha zonke izinto ezikhulisiwe.

Isigaba 2 — Uhlelo Lwakho Lobungane.

IKokhethi ibanga elikhulu kakhulu le-profile yama-genomu ayisetshenziswa kulezi zinto eziningi. Incwadi iyacaca: ingqondo ye-"Warrior COMT" (Val/Val) yi-target eyinhloko yama-genomu ye-kokhethi. Ama-gene alandelayo awuchaza hhayi nje ukuba umuntu uyisibali, kodwa futhi nawuhlelo lokubuyela esimweni esihle ngendlela ehlukile kakhulu.

Iphaneli Yokuhlolwa kwe-DNA yokuphulukiswa kukaKukeni.

I-gene.	Yilokhu elawulayo.	Ukuguquka okuyinhloko.	Ukubuyiselwa kwecocaine kubalulekile.
COMT	Ukuhlanza kwe-dopamine, i-norepinephrine kanye ne-epinephrine - igini eyisisekelo yobunjalo.	Val158Met (rs4680) — Val/Val (Warrior) ibaluleke kakhulu.	Igene eyinhloko ebanjwa ekubandakanyeni kokuzithinta ngocansi—ulwazi olushiwo ngokucacile kulolu hlu. Val/Val (Warrior) COMT esheshayo: i-dopamine ihunyushwa ngokushesha kakhulu ngenxa yalesi simo → ukungathathi hlangothi, ukunganakwa kwesimo sokuqala → ucansi unikeza ukugeleza kwe-dopamine okwamanje okulawula ukuhunyushwa okusheshayo. Uhlelo lokululama olufanele i-Val/Val: yakha impilo enobungcweti obukhulu kanye nezinto ezithokozisayo zemvelo. Impilo ethule, engenakhubazeko ayizona into eyifanele le mikhuba. Ungayilameli impilo yalowo umuntu ongufunayo. Yilamela ingqondo oyinayo.
DAT1 / SLC6A3	I-dopamine transporter—iyinto ejabuliswe kakhulu yindlela yokusebenza kwe-cocaine.	10-ukuphindaphinda kwe-allele ye-VNTR (rs28363170).	I-dopamine transporter iyindlela epinkiwe yiyo ukuthi i-cocaine iyiphule. Ukuguquka kwe-DAT1 kuthinta ububanzi kanye nomsebenzi we-DAT ngaphambi kokuba nenkinga—abantu abanobubanzi obukhulu be-DAT (i-allele engu-10-repeat) banokukhipha i-dopamine esheshayo futhi bangase bazizwe ukuthi ukuphazamiseka kwe-DAT nge-cocaine kubahlele kakhulu kunabantu abanobubanzi obuncane be-DAT. Kufanele nalo ukucatshangwa mayelana ne-ADHD—i-DAT1 engu-10-repeat ihlobene ne-

			ADHD, futhi i-cocaine iyindlela eyaziwayo yokuzithakazisa kwezifo ze-ADHD.
DRD2 / ANKK1	Ubukhulu bemiphumela ye-dopamine eyi-D2 - umthumo othenjiswa yi-cocaine.	Taq1A (rs1800497) — i-allele ye-A1.	I-allele A1 (ukwehla kwezinga le-D2 receptor) kudala i-Reward Deficiency Syndrome—isimo lapho umuntu uzizwa njengokuthi "akwanelanga" ngaso konke. Uma kuhlanganiswa ne-Val/Val COMT (ukususwa okushesha) kanye nokwehla kwezinga le-D2 receptor, uketshezi kufakwa ukuze unyuselwe yindlela yokulahlekelwa okukhulu kwe-dopamine. Ukululama kumele kwakha imithombo eminingi ye-dopamine ngasikhathi sinye—imithombo eyodwa yemivuzo yemvelo ayizoshayeka ukwanelisa lokhu kuhlanganiswa kokungcola okubili.
SLC6A4 / 5-HTTLPR	Ukukhishwa kwe-serotonin -- umgogodlo wesibili wekokhethi.	I-allele emfushane/emfushane, i-allele ende/ende, noma ama-allele ahlangene.	I-cocaine ivimbela i-SERT—i-transporter we-serotonin. Izinguquko ze-SLC6A4 zinquma ukukhishwa kokuqala kwe-serotonin transporter futhi ngaleyo ndlela umthelela we-serotonin we-cocaine. Abathwali abanende (abakhulu) (ukukhishwa okukhulu kwe-SERT) bangase bathole imiphumela ekhudlwana ye-serotonin evela ku-cocaine—ubuhle bomphakathi, ukuzethemba, kanye nokunyuka ngokwezindlela. Ukululama kufanele kulungele ukuvuselela i-serotonin ngaphambi kwe-dopamine.
MTHFR	Ukumelitha - isisekelo sokukhiqizwa kwamakhemikhali afanele.	C677T (rs1801133), A1298C (rs1801131)	Ukuguquka kwe-MTHFR kunciphisa ukukhiqizwa kahle kwama-dopamine kanye ne-serotonin - okwenza kube nzima izinkinga ze-DAT1/COMT/DRD2 ezibangela ukusetshenziswa kwe-cocaine. I-5-MTHF ingaba nomthelela omkhulu ekubuyeni kukawoyena owasebenzisa i-cocaine, ikakhulukazi kulabo abanokuguquka kwe-MTHFR, ngoba ixazulula ukuntuleka kokukhiqizwa okungalungile okunye amasiphuzo. Ukuthi umuntu azizwe kahle kakhulu ekubuyeni kwakhe kungaba nengxenye yokuntuleka kokwanda kwe-methylation kunokuba nje kube ukulahlekelwa.
DRD4	Ukufuna	I-allele engu-7	Abantu abanamagama "DRD4 7-

	okusha, ukuzwela i-dopamine, ukuphendula imivuzo.	(rs1800955).	repeat" bayintsha, banokuzimisela, futhi baphathwa yimiphumela emihle. Le ndlela yokuba yinto ibonakala kakhulu kubantu abasebenzisa izidakamizwa kanye nabantu abanengxabano engqikithi (ADHD). Uma i-"DRD4 7-repeat" ihlanganiswe ne-"Val/Val COMT" kanye ne-"DRD2 A1", ukufuna okusha nokukhuthazeka kwendlela yokuphila "Warrior" kunandiswa. Ukwakhiwa kokululama kufanele kubandakule okusha, izinselelo, kanye nemiphumela emihle engapheli—ukubekezela ekungathathi hlangothi kuzoba nzima kakhulu.
CYP3A4	I-enzayimbi eyinhloko eguqulela i-cocaine egidini.	I-inducers no-inhibitors.	CYP3A4 iyindlela ekhulu yokuhlinzwa kwe-cocaine yinhliziyo. Izinto ezithintekayo ze-CYP3A4 (njengokuthi i-fluconazole, ama-grapefruit, amanye ama-antibayotikhi) zingandisa ukuhlala kuka-cocaine ekuqaleni kwegazi futhi zwandise imiphumela yayo. Izinto ezikhuthazayo ze-CYP3A4 zenza ngokushesha ukuhlanza. Okufanele nalo: i-cocaethylene yakhiwa lapho i-cocaine kanye nomuthi kuhlanganiswa—ama-enzimbi enhliziyo akhuthele ekuhlinzweni komuthi ahlangana nokuhlinzwa kwe-cocaine ukuze akhiqize leli dali elibi kakhulu.
BDNF	Ukuguquka kwengqondo—indlela yokulungisa izimbobo zama-dopamine ezonakekelwe ukusetshenziswa kwe-cocaine.	Val66Met (rs6265)	Uketshezi kunciphisa ngqo i-BDNF ekuphathini eliphambili nasezindaweni ezisemgodini — okuyisikhathi esisodwa sendlela yaso yokwehlisa amandla engqondo. Abantu abanama-carriers we-Met banenani elincane le-BDNF kokuqalayo, okuwenza umthelela wokunciphisa i-BDNF yi-cocaine ube mkhulu nakakhudlwana. Ukuzivocavoca kubalulekile kakhulu kubantu abanama-carriers we-Met ngoba kuyindlela eyinhloko etholakalayo yokukhiqiza i-BDNF, okuyinto uketshezi eliphikisana nayo futhi eliyayihlikwa.

Ukuhlunga ngaphandle kwamiphumela yokuhlola.

Amathuluzi okuhlukanisa izimpawu ezihlukahlukene alolu chwepheshemu akunobukhulu obuqinile kakhudlwana mayelana nokusetshenziswa kwe-cocaine ngoba iphrofayili ye-"Warrior" inempendulo ehlukile yombungane:

- Ingabe uketshezi kukukhangele ngathi uyimpilo, unobuchule, futhi ungumnikazi ongcono kakhulu—hhayi nje uthando kodwa ngokungempela wena nguwe egameni lakho eliphelele? → Uphawu oluqinile we-COMT (Val/Val). "Ubuchule obuphelele" buwumkhuba wedopamine esilinganweni lobuchopho lubudinga kodwa abukwazi ukugcina ngendlela evamile.
- Usetshenzise yini uketshezi kakhulu ezindabeni zobudlelwane—emicimbini yomsebenzi, emihlangweni, ekuhlangenwe nakho kwebusuku— futhi uthole ukuthi kwenza umsebenzi wakho wobudlelwane ngcono? → Ingxenye ye-serotonin ibalulekile. Ukuguquka kwe-SLC6A4 kungacacisa umthelela obuqinile kakhulu ebudlelweni.
- Ubuye wabona ukuthi umugqa wokuqala awanele kakhulu, futhi uhilela ukuthi ube nomugqa olandelayo? → Okuyisibonelo: i-DAT1 engu-10 eyenziwe kabusha + ukuntuleka kwe-DRD2 A1 — ikhithi yokubalulekisa yayikhuliswa ngokushesha kunokuba uketshezi kungakwazi ukulandela.
- Ingabe ugwetshwe noma kulokhu kwakhishwa ukuthi unengxabiso ye-ADHD? → Ukuxhumana kwe-DAT1 10-repeat kanye ne-DRD4 7-repeat. Ukubanjwa kwe-DAT yi-cocaine kufana kakhulu nokubanjwa kwe-methylphenidate. Kungaba ukuzithakazisa ngenxa yengxabiso yangempela ye-ADHD.
- Ingxenye yokuqala:

  * Ukuthi umuntu "ungajwayelekile" kodwa ukhathazekile - njengokuthi impilo kufanele ibe nomdlandla, kodwa akuyona. → Le ngxenye ihambisana nephrofayili ye-"Classic Val/Val COMT Warrior".
  * Ukungajwayelekile okubonakaliswe yi-"baseline" kuyiqiniso. Kungukubuyela esimweni esiyingqondile ngaphandle kwemithi. Kuyinto enzulu futhi eyingcweti yobala. Yindlela yokwakhiwa kwezinto ezilapha.

  Ingxenye yesibili:

  * I-"baseline" engajwayelekile "iyiqiniso".
  * Kuyinqubo yendlela emzimbeni esebenza ngaphandle kwemithi.
  * Kungumkhuba wokwakhiwa kwezinto ezilapha.

Isigaba 3 — Uhlelo Lokuhlanzwa.

I-CENTURION - Ukwehla kuyisikhombiso sokuthi ukululama sekuqalile.

Ukwehliswa kwe-cocaine akubangeli ingozi yama-seizure efana neyomuthi we-alcohol kanye ne-benzodiazepines. Akubangeli neengozi ezihlobene nomjovo wokusebenzisa i-cocaine. Okubangelwa ngalokhu kungenye into: ukwehla okukhulu kwe-dopamine, emuva kokuba umzimba ube usetshenzisiwe futhi manje usula ngokuphelele.

Leli khompilini ligama lokhu ngokuqinile mayelana nezinto ezikhuthazayo: uhlelo lusemode yomnotho ophantsi. Akukho lutho olubonakala kulukhuni noma okufanele kwenziwe. Uhlaka lomsindo lokuhlukaniswa kwezinto ezikhuthazayo lubalisa ukuthi kube ngama-60–80 BPM, izakhiwo ezinomoya opholile, amaqembu amakhulu kodwa ahlanzekile—ngoba ukufaka izeso zokusebenza okuphezulu ohlelweni olulahlekile kudala ukungatholakali okungenangqondo kungethuba lokwenza.

Ukwehliswa kwe-cocaine akuyingozi ngobuchwepheshe bomtholimpi. Kubuhlungu kakhulu ngokomzwelo. Futhi, ubuhlungu obukhulu ngokomzwelo buxhumene ngokuqondile nalokho ukuthi i-cocaine yayiluphelela kangakanani isidingo esiqinile sebuchwepheshe bomzimba.

Uhlelo Lokuhlaziywa Kokuphumelayo.

Ikhambu.	Ibhayoloji.	Izimpawu.	Yini okumele ngiyenze?
Ukuhlazwa Kwengozi (Amahora angu-0 kuya kwangu-24)	Ama-dopamine, ama-serotonin kanye nama-norepinephrine aphelelwe; izipho zamagama ze-D2 zihlosiwe; uhlelo lokujabulela lusezingeni eliphansi kakhulu; umzila we-HPA ukhishwa.	Ukukhulu kakhulu kokubulela kanye nokulala okuningi, ukuthukuthezi okunobunzima kanye nokungajwayelekile, inhliziyo yokudlela eyikhulu (nje ngokudla okumanethi kanye namakhalahari), ukukhathazeka nokuphazamiseka, ifiso eliqinile kwezinto ezinokugqamisa.	Phumula. Dlala. Namanzi. Landela uhlelo olu-01. Manje akuyona ingxenye yokulwa nokulahlekelwa—kuyiqala lempumelelo. Ukulahlekelwa kuyisikhombiso esisheshayo somzimba sokubuyiselwa okungalungile ngempela ngesikhathi sonke kwakwenziwa ukudla kakhulu. Vumela lokho.
I-Honeymoon (Usuku loku-1 kuya kwangu-3)	Ukubuyiswa kancane kwefomethi ye-dopamine; ukwengezwa kwakhulu	Ukuthuthuka okubonakalayo ngemuva kwengozi; amandla ebuyela; intukutho iyancipha;	Ungadalusi ukuthi umzuzu omuhle uyinkomba yokululama okugcwele. Lena iyimpumelelo encane, hhayi isimo esijwayelekile.

	kokuzimisela kwamagama okuthile e-receptor ze-D2; umkhakha we-HPA ubuyiselwe ngokwengxenye; umbono ongempela wokubuyiswa.	ukuqonda nokucabanga kubuhle kakhulu—lesi sikhathi kungaba sengokuthi "Ngidlule ekubi kakhulu."	Ukukhwela kuzobuya futhi, ngempela kungaba namandla amakhulu, kulesigaba esilandelayo. Sebenzisa lesi sikhathi ukwakha uhlu lwamathokozana, uqalise umzila wokuzivocavoca, futhi ulungiselele indawo yalesi sigaba esinzima esizayo.
Ukukhipha Umuthi Kahle (Usuku lesi-3 kuya kwalesi-28)	Ukwehla kwe-D2 receptor luhleliwe kulinganiso eliphansi elisha; ukukhiqizwa kwedopamine buyaphothula kodwa akusezingeni elifana nalokho ngaphambi kokusetshenziswa kwe-cocaine; i-BDNF icindezelwe; ukungathandi izinto (anhedonia) kubalulekile.	Ukungatholakali kokujabula—ukungalwazi ukuzijabulisa ngezinto ezazihlinzeka ngomvuzo ngaphambilini; ifiso elikhulu eluqhamuke kulezimpawu; ukuphazamiseka; ukulahlekelwa amandla okucinga; ukuphazamiseka kokulala; ukungqubuzana; ukukhathazeka.	Lesikhathi esiyingozi kakhulu lokubuyela emuva. Umuzwa wokujabulela uyakhumbeka; ukungathokozile kwempilo yokululama kuyakhona; ubuhlakani bokuthi "kumele ngibuye ngithinte umugqa owodwa ukuze ngizwe okuthile" buyamangalisa. Ukuguqulela indawo yangaphandle (Iphrothokhali 05) kubaluleke kakhulu. Uhlelo oluphelele wokwelapha ngeminye izinto luyasetshenziswa. Umsebenzi uqala — i-BDNF iyisigneshi yokulungisa. Ukusekwa kwendlela yosizo kubaluleke kakhulu.
Ukululama kokuqala (inyanga ezingu-1–3).	I-DRD2 iphakeme kakhulu futhi lokhu kubonakala ngokucacile; i-BDNF iyathuthuka; ukukhiqizwa kwe-dopamine buyabubaleka; uhlelo lwe-serotonin luyakuvulwa kabusha; umzila we-HPA uyazivumela.	Ukuthuthuka kancane ekubandakanyweni kwemizwa; izikhathi zokujabulela ezibonakalayo zibuya; ukuqina kokucinga kubuyela kancane kancane; amakhono e-PAWS (Post-Acute Withdrawal Syndrome) ayinguqulo; ukunxanxa kungaba ngamathuba futhi kuholelwe yizinto ezikhumbuza, kunokuba kube njalo.	Izinkinga ze-PAWS ezihlobene nokusetshenziswa kwe-cocaine zilandela uhlelo lwezifiso ezimaphakathi, ezinamandla (ezivamise ukubangelwa yizinto ezithile endaweni) kanye ne-dysphoria engahlobene nengxenye ephansi ye-dopamine. Qapha ngokucophelela izinto ezibangela lezi zifiso. Ukusebenza kwemikhuba emihle ngokuqondile yindlela enhle njengoba ama-receptor a-D2 athuthuka.
Ukuhlangani	Ukulungiswa	Amandla	Ubumbano wemvelo

swa (Ngezinyanga ezingu-3 kuya kweziyi-12).	okukhulu kwe-D2 receptor; izinhlelo ze-dopamine ne-serotonin zilungisiwe kakhulu; i-BDNF ifinyelela noma ingaphezu yebanga eliqalayo ngokuzivocavoca ngokuqhubekayo; umsebenzi wengqondo ulungiswa.	okujabulela eseduze namuva; ukunambitha okuvela ezikhathini ezithile kakhulu kuhlobene nezimo; injabulo yangempela yokuphila iyatholakala; intshisekelo yokwenza izinto ibuyiselwa; ukwakhiwa kabusha komuntu siqu kuqaliswe.	wokutadela (Isigaba 6) uqala ukusebenza ngokugcwele. Ingqondo "yomsoli" - ngesimo esifanele - ithola ubunzima obuqinile okudingayo njalo. Ukubuyekezwa kwe-C-28 kuleli bhuku: "Umhlaba weNthingo" ushintsha ube "umhlaba winto yangempela."

PAWS ekuhlazeni kokuziphatha kwe-cocaine.

⚠ UKUHLANGABALWA KWE-COCAINE kubonakala ngokujwayela okukhulu futhi okunobuhlungu, okuvame ukubangelwa yizinto ezithile—umisindo, ukunambitheka, izindawo, abantu. Lokhu kuyi-"cue-reactivity" futhi kunamandla kakhulu. Yiba nomkhuba wokuvimba ulungele ngaphambi kokuba kwenzeke.

Isinkwa sempilo yangemuva esikhuluma ngesinqumo sokuyeka ukusetshenziswa kwe-cocaine ihlelwe ukuthi ibandakanywe ngokujwayelekile ekufunweni kwengcezu - okungesinye sezindlela ezibanzi kakhulu zokuzwakala kwezinqubo zomdlavuza. Uhlelo lodopamine luyalungiswa ukujoyina nezinkomba eziphathelene ne-cocaine ngokushaywa okuqinile okukuze kwenziwe ukulindela. Ngeminyaka ngemuva kokuvuka, izingoma ezithile, izimo zamphakathi ezithile, iphunga yendawo ethile ingadala ukufuna okungenazihamba okuthi kungabonakala kufana nokuyeka kokuqala.

Akuyona ukubuyela emuva. Kuyindlela yokusebenza kwe-dopamine esungulwe ngokuqeqeshwa, hhayi ngenxa yokusetshenziswa kwamanje. Impendulo kufanele ibe yi-"interrupt protocol" ehlwini lesithathu, isiqinisekiswe futhi yenziwe ngokushesha nangaphandle kokuxoxwa.

Isigaba 4 — Ukwakhiwa Kabusha Kwobupilo.

Ukululama ekusetshenzisweni kwe-cocaine kudinga ukubuyisela izinhlelo ezintathu ngasikhathi sinye: i-dopamine (uhluzo lokujabulela nokukhuthaza), i-serotonin (ukufudumeza komphakathi kanye nomuzwa ojwayelekile), ne-norepinephrine (amandla kanye nokugxilisa). Ukunqamulwa kokubuyiselwa kwezinto ezintathu okwenzelwe yi-cocaine kuhlanganiswa nohlelo lokubuyisela izinto ezintathu. Isisekelo sokubhujekiswa kubalulekile kuzo zonke lezi zinhlelo ezintathu. Ukululama kwezokwelapha ekugwemeni kwamabhuntu (ezinso, umlomo, kanye nezifo) kuhlanganwa nokubuyiselwa kwenjolonhlalo.

4.1 — I-Foundation Yokubekwa Kwezinto Eziphathekayo.

Ukwehla kwezigaba ezintathu zama-monoamine okubangelwa ukusetshenziswa kwe-cocaine ngokungapheli kuyakhishwa ngokuphazamiseka kokubhaliweya okuholele ekutheni kube nokukhathazeka uma kunokuba khona kwe-MTHFR. Ngaphandle kwe-folate ebhalisiwe kanye ne-B12, izindlela zokusetshenziswa zama-dopamine, serotonin, kanye ne-norepinephrine azikwazi ukusebenza ngogcobo, kungakhathalisekani nakuba kunikezwa yini izingxenye ezisetshenziswayo.

Supplement	Idosi.	Isikhathi.	Imiyalelo mayelana ne-cocaine:
5-MTHF (L-methylfolate)	400–1000 mcg ngosuku ngalinye.	Ukudla ekuseni.	Ukuntuleka kwezigaba ezintathu zama-monoamine okubangelwa yi-cocaine kudinga izindlela zokukhiqiza ama-neurotransmitter ezisebenzayo kakhulu. I-5-MTHF iyisikhathi esibanzi se-cofactor kuzo zonke izinhlelo ezintathu ze-monoamine ngasikhathi sinye. Kubantu abathwala ukuguqulelwa kwe-MTHFR abayisebenzisa i-cocaine ngokwengxenye ukuze bazithungathele izingqinamba ezisemuva ezingokukhiqizwa, i-5-MTHF ingaba yiphini elibanzi kakhulu ekuhleleni ngenkathi yokuphulukiswa. Qala ngo-400mcg futhi ukhulise kancane kancane.
Methylcobalamin (B12)	1000–2000mcg	Ngawo kuseni, ngaphansi loluphiko.	Isebenzisana kahle ne-5-MTHF. Ukusetshenziswa kwe-cocaine kanye nezindlela zempilo ezihambisanayo (ukuntshontsha kuka, ukusetshenziswa kwamanzi omphunga

			ngokuhlangene, ukugeleza) kuhlanganisa ukwehla kwe-B12. Imiphumela ye-norepinephrine ye-cocaine idala umthwalo omkhulu ohlelweni lokubhujekisana—qiniseka ukuthi kunokunqwamukile kwe-B12 kuyanceda kokubili uhlelo lokubhujekisana kanye nokulungiswa kwengxenye.
P5P (i-B6 esebenzayo).	25–50mg	Ngafa.	I-cofactor yokukhiqizwa kwe-dopamine (i-DOPA decarboxylase), ukukhiqizwa kwe-serotonin (i-aromatic amino acid decarboxylase), kanye nokukhiqizwa kwe-norepinephrine (i-dopamine beta-hydroxylase). Ukwehla okukhulu kwezigaba ezintathu kwe-cocaine kubeka izidingo eziphezulu kakhulu kuma-enzymes axhomekile ku-P5P. Sebenzisa kuphela ifomu le-pyridoxal-5-phosphate.
I-magnesium glycinate.	400–600mg yezingxenye ezibalulekile.	Ngekusasa nangempela.	Uketshelwa kakhulu kwe-cocaine kunciphisa kakhulu ama-magnesium—ngokubukhoma ngenxa yezindlela zombilo kanye ngobunzima, futhi ngendlela obangela ukuntshangwa nokungaphefumula okuhle kwesikhathi eside. Ukuntuleka kwe-magnesium kubamba iqiniso lokukhuluza, ukuphazamiseka kokucinga, ingozi yezinhliziyo, kanye nekhwalithi yokulala—konke okuwubufakazi obalulekile ekuhlelweni kokuvuka kwi-cocaine. Ukunciphisa ukukhuluza okutholwe ngokunamathela kwe-magnesium kufanele kubonakale ngempelasonto ezimbalwa.
Zinc.	20–30mg ngosuku ngalunye.	Ukusatshwa nokuphakela.	I-zinc ibalulekile ekukhiqizweni kwe-dopamine kanye nokusebenza kwamanye ama-enzymes ngendlela yama-monoamine. Ukusetshenziswa kwegeja kanye nokuphazamiseka kokudla okuhambisana nalokho kudala ukwehla kwe-zinc. Futhi, isiza

			ekusebenzweni kwamasosha ezempi—kuyinto ebalulekile uma kubhekwa ingozi ye-agranulocytosis eyi-levamisole.

4.2 — Ukubuyisela i-Dopamine

I-CENTURION - Indawo Ebalulekile ebuchosheni bomuntu - Ukulungiswa kwesiginali engakaze ibe ngokwanele.

Ukubuyisela i-dopamine kubalulekile kakhulu ekuhleleni ukululama kwe-cocaine. Ingqondo "yomsoli" eyayihlanza i-dopamine ngokushesha ngaphambi kwe-cocaine, manje ihlanza i-dopamine ngokushesha okukhulu ngesikhathi sokululama—ukuphazamiseka okuvamile okudinga uhlelo lokubuyisela olucatshangwa kakhulu.

Supplement	Idosi.	Isikhathi.	Imiyalelo mayelana ne-cocaine: * Ungayisebenzisi i-cocaine. * Uma usebenzisa i-cocaine, nqina ukuyeka. * Thola usizo uma udinga. * I-cocaine ingabangela ukuphazamiseka kwengqondo nokugula. * I-cocaine ingaba nomthelela omubi kubantu abathintekayo.
L-Tyrosine.	Izinga elingu-500 kuya ku-2000mg ngosuku.	Ngawo kuseni, ngaphandle kuka-protein.	I-dopamine esikhuthazi eqondile. Incwadi igama elithi "tyrosine" ikakhulukazi ngokuvivinywa kwe-COMT kokululama kokuphuza uketshezi. Qala nge-500mg futhi uqophe ngokusho komphumela. Yithathe imizuzu engu-30 ngaphambi noma amahora amabili ngemuva kukawoyini - ukuqhathaniswa kwe-amino acid kokuthutha kunciphisa umthelela nendawo yokudla. Uma i-L-tyrosine ibangela ukukhathazeka (okungenani kodwa kungaba khona), guqula ku-NALT (i-N-acetyl L-tyrosine) enomphumela obuthukile kakhulu.
Mucuna pruriens (umthombo we-L-DOPA).	100–300mg ye-L-DOPA efanayo.	Ngawo kuseni, ngaphandle kuka-protein.	Imithombo yendle ye-L-DOPA — isinyathelo esisodwa eduze ne-dopamine kunengama-tyrosine. Incwadi igxumela

			ngokukhethekile i-Mucuna pruriens ekulwiseni ukubola kwezimpi. Iqukethe izinto eziningi ezingase zisize ukuthambekela ngaphandle kokuxhumana nezinye izinto. Ungahleli ukuhlanganisa i-Mucuna emithonjeni ephezulu nge-L-tyrosine — khetha enye njengento esezingeni eliphezulu. Imiphumela ye-Mucuna isheshayo futhi ebonakalayo kakhulu kunama-tyrosine, okuyinto abanye abantu abanobunzima obukhulu bayithanda.
Uridine monophosphate + DHA + CDP-Choline (Uhlu lwezinto ezithuthukisa ukusebenza kwegciwane).	UMP 250–500mg + DHA 1g+ + CDP-Choline 250mg	Sawubona kakhulu.	Kwandisa ngokubambisana ukukhiqizwa kanye nomthamo wezikhathi-mbili ze-D1/D2 — kuyindlela esetshenziswayo kakhulu yokukhuthaza ukwanda kwezikhathi-mbili etholakala ngaphandle kokuthi ufake umyango. Lokhu kulungisa ngokuqondile ukwehla kwezikhathi-mbathi ze-D2 okuyimbangela ekhulu yomthelela wemithi ongaguquki wokusebenzisa i-cocaine ngokwephakethe. I-"Brain Stack" inikeza ukuphathwa okuphansi, ukuguquka kwengxenye ngamaviki neminyaka kunokunikeza ukuncishiswa kwezimpumulo ezivikelayo.
NAC (i-N-Acetyl Cysteine).	Izingilizi ezingu-600 kuya ku-1800mg ngosuku, zinqunyiwe ngezindlela ezahlukene.	Ngekusatshudulo nasemini, kanye nasebusuku ngendlela yokudla.	Kuyavuselela ukulingana kwe-glutamate ekuphuzwini elithi "nucleus accumbens" - ngokuqondile kuxazulula ukuphazamiseka okubangelwa yi-glutamate kanye ne-dopamine okuholela ekufuneni kwengcezu. Izivivinyo eziningi zochwepheshe eziyakhishwa ngokukhethekile ngabantu abasebenzisa ingcezu zisikhuthaza ukusebenzisa i-NAC ekunciphisweni kokufuna. Lesi ngesinye sezinto ezifakazelwe kakhulu mayelana nokusetshenziswa kwengcezu. Qala ngokushesha ukuyeka

			ukusetshenziswa kwengcezu.
Rhodiola rosea	300–600mg esiyisibonakaliso.	Ngafa.	Ukulungiswa kwe-dopamine kanye ne-serotonin; umthuthumusa; ukwelaphela ukukhathazeka. Kufanele kakhulu emavikini angu-2 kuya kwangu-8 lapho ukungeni injabulo nokuntuleka kokuzimisela kubalulekile, kodwa uphawu oluyisisekelo kuphela lungeleli. Ukungabi nakho okubukhoma ekuqaleni kokuphuzi kwe-cocaine kunambitheka ngokusekeli elithule le-Rhodiola ekukhiqizweni kwe-dopamine ngaphandle kokuthi kube nokuthakaselwa.

4.3 — Ukubuyisela i-Serotonin.

I-CENTURION - Ubuhle bomphakathi obudalwe yi-cocaine - Sakhe kabusha.

Ngenye yindlela, ngencwadi yokulaliswa mayelana ne-methamphetamine, ukubuyiselwa kwe-serotonin kubalulekile kancane, kodwa ekuhlazeni kokuvuka kwakho kokusebenzisa i-cocaine, kubaluleke kakhulu. Ukuthi i-cocaine ivimbele i-SERT (serotonin transporter) kunikeza ukuzethemba kwezenhlalo, ubuhle bemizwelo, kanye nokulula kwezibophi zokuxhumana okuyinto eyabonakala ingaphazamiseka kakhulu ekuhlazeni. Ukukhethwa kwabantu kanye nokungabi nakho kokuxhumana kwezinhlalo ekuqaleni kokuvuka kokusebenzisa i-cocaine kubaluleke kakhulu nge-serotonin.

Ngephilojeni.	**Idosi.**	**Isikhathi.**	**Imiyalelo ekhudlwana mayelana ne-cocaine: * Ungayisebenzisi i-cocaine. * Uma usebenzisa i-cocaine, nqina ukuthi uthole usizo oludingekile. * I-cocaine ingabangela ukuphazamiseka kwegeja, ukulala, kanye nokufa. * Uma ukhathazeka ngempilo yakho noma yomunye umuntu osebenzisa i-cocaine, sicela uthole usizo olwenzekile.**
5-HTP	50–150mg	Usuku oluhle, imizuzu	I-serotonin precursor - ukweseka okubukhoma kakhulu

		engama-30 ngaphambi kokulala.	okunikezwa njengezokwelapha lokuyilwa kabusha kwe-serotonin. Ukuthathe ngobumnandi kusukela kusihlwa kunganceda kokubili imizwa nokulala. Ingxenye yomphakathi kanye nobuhlobo ekuhlelweni kokuvuka - ukwakha kabusha lokuthokozelayo ekuxhumekisweni okuyikhona umthelela we-serotonin we-cocaine - ingase futhi ithuthuke kakhulu ngaphakathi kwamaviki angu-2-4 ngemuva kokuthatwa kwe-5-HTP. Ungahambisi nalokhu ne-SSRIs ngaphandle kwelukuluku lodokotela.
L-Triptophane.	500–2000mg	Usuku oluhle, ngaphandle kuka-protein.	Inketho noma ukungeleza kwe-5-HTP - isebenza kancane, nempumela ebuthakathaka. Abanye abantu bathola ukuthi i-tryptophan kanye ne-5-HTP encane iyasebenza ngendlela engcono kunokuyisebenzisa ngakunye. Yidla kude nezinto ezinezipheyini ngenxa yokuncintisana kwezokuthutha.
Inositol.	4–12g ngosuku ngalinye (lungiselela ngokulinganisa).	Kuhlukaniswa ngamathuba okudla.	Kulungisa ukuzwela kwamakhuphoni womdabu. Futhi kunezinkomba zokuthi kunganceda ekukhathazweni nase-OCD—okubili okuyinto evamile ekuvikeleni kokuxilongwa kwekokhethi kunaku kuvikeleni kokuxilongwa kwezinye izinto. Ukucabanga okuphindaphindiwe kanye nokuba yinkinga yokufuna ukokhethi kuphendula kakhulu emithombeni ye-inositol kumakhuphoni womdabu.
Omega-3 EPA edumele.	2–4g ngosuku (i-EPA kungcono kuno-DHA).	Nokudla, ekuseni.	EPA-dominant omega-3 inamagama eqinile kakhulu mayelana nomuzwa kanye nokudada—ukwelapha ukudada okubangelwe yi-serotonin ekuxeshini kwe-cocaine. I-DHA isiza ukwenza amembrani abe lula ukuze kube yinto esizokuvuselela iziphathi. Ubuhlobo phakathi kwe-EPA ne-DHA kubalulekile mayelana nomuzwa: ubuhlobo be-2:1 noma

			3:1 we-EPA ku-DHA bunobufakazi obusekelwayo mayelana nezimpawu zokudada.

4.4 — Umbuzo we-ADHD.

I-CENTURION - Umthombo Ojwayelekile Obuyaphazanyiswa Kakhulu Wokusebenzisa Okungahleliwe Koketshezi.

Ukhohlisi yindlela yokuvimbela ukubuyiswa kwezinto, futhi inefani lobunjiniyeli nomuthi we-methylphenidate (i-Ritalin). Ukuxeshule okufanayo kwe-DAT okwenza ukhohlisi kube mnandi kubantu abangenawo i-ADHD, kodwa kubantu abana-ADHD kunomthelela oqinile ekunwetshweni kwegeyini kanye nokugxilisa. Ukhohlisi ibilokhu iyindlela ebalulekile yokuzithiyela ukwelapha kwe-ADHD iminyaka eminingi - futhi i-ADHD ivamise ukungatholwe ngempumelelo ngeminyaka yokusetshenziswa kuka-kokhelin, ngoba "ngingakwazi ukugxila uma ngilisebenzisa" akuyona into ebonakala njengomkhuba oholayo ukuya ekuhlolweni kwezokwelapha.

I-DAT1 ene ukuguqulelwa okuyikhulu lezinguqambi ezingu-10 kanye ne-DRD4 ene ukuguqulelwa okuyikhulu lezinguqambi ezingu-7—ombili ezihlobene nokuba yingozi kwe-cocaine—nazo zifakelwe phakathi kwamabhulokhi omthombo wezezimalomvu ahamba phambili kwi-ADHD. Ukufana akuyona into engahleliwe.

Uma uthole ukuthi usebenzisa i-cocaine ikakhulukazi ukuze ukhuthaze ukuzimisela, umsebenzi, noma ukusebenza kahle kwegebhisi elingokweqile kunokujabulela—futhi uma unobunzima obukhulu ekunakekeleni, ekuhleleni, nasekugcineni imisebenzi uma ungayisebenzisi—ukuhlaziywa kwe-ADHD kubalulekile kakhulu ekululazini kwakho. Ukwelashwa kwe-ADHD engasetshenzisi izinto ezithusa (njenge-Strattera/atomoxetine, Wellbutrin/bupropion, Intuniv/guanfacine) kunganceda ukwelapha i-ADHD ngaphandle kokuphazamiseka kokutadela okuhlobene nezinto ezithusa kulokhu. Xoxa nomdokotela ogxile ekwelashweni kwezinkinga zokutadela.

4. 5 — Ukululama Komsipha — Ezindlebeni, Ezinhliziyo, kanye Nezifo.

I-CENTURION - Umzimba Odlulelwe Umlimo kanye nobuchopho.

Umlutha wamakhala (abasebenzisi abathuthuzayo): Ukusetshenziswa okuphindaphindiwe kwe-cocaine ngendlela yokuphuza kukhawuleza ukwehla kwesakhiwo se-mucosa, ukuqhekeka kwesiphahlelo, futhi ezimweni ezinzulu, ukuqheba kwengxenye yangaphandle yenhliziyo. Ukuhlolwa kwe-ENT kufanele kubekwe kunoma ubani osebenzisa into ethuthuzayo ngendlela yokuphuza njalo. Ukugeza amakhala nge-saline (i-NeilMed noma i-"neti pot") nsuku zonke kuyanceda ekubuyeni kwesakhiwo se-mucosa. AmaVitamin C kanye ne-zinc asiza ekululazweni kwasakhiwo.

Ukululama okugcwele kungaba khona ezimweni ezilula nezisetshenziswa kakhulu uma ukusetshenziswa kuyekisiwe; umonakalo wokusika (ukuqhekeka) kungadinga ukuphathwa ngokusebenza kwezokwelapha.

Ukuqinisekiswa kwezinhliziyo: Wonke umuntu oneminye iminyaka yokusetshenziswa kakhulu kwe-cocaine kufanele afakwe ukuqinisekiswa kwezinhliziyo: i-ECG (ukuhlolwa kwamanqamu) ukuthola ukungatholakali okuyinkimbinkimbi noma izimpawu zokugula kwenhliziyo esedlule; ukuqapha ingcindezi yegazi; i-echocardiogram uma kukhona izimpawu noma umlando wokusetshenziswa okukhulu. I-"cocaine cardiomyopathy" (inhliziyo emikhulu futhi eyomile ngenxa yokusebenza kwephahla kwenhliziyo okwedlule) ibonakala ngokusebenzisa kakhulu kanye nokulandelana, futhi idinga ukuqinisekiswa ngudokotela wezinhliziyo.

Izifo ezithathelwayo: Abasebenzisi kokuphuza i-kokaine ngendlela engaqondileyo: Ukuhlolwa kwe-HIV, i-Hepatitis C, kanye ne-Hepatitis B. Ukuhlaziywa kwe-infective endocarditis uma kunenkinga yobushwa, umsindo wehlume, noma izimpawu ezisindayo. Ukuhlolwa kwezifo eziwuketshekile (STI) uma ukusetshenziswa kokuphuza i-kokaine kwenzeke ngezindlela zokuxhumana sexual.

Ukuhlola i-Levamisole: Ukuhlolwa kwe-CBC (ukubalwa okuphelele kwegazi) ngaphambi kokuqala ukwelapha. Uma izimpawu ze-agranulocytosis zivele (ubukhanda, amabhamuza emlonyeni, ukuba nesifo), hloliselwa ngokushesha. Phinda ukuhlolwa kwe-CBC eminyakeni eyodwa kanye neminyaka ethathu.

4.6 — Ukwakhiwa Kabusha Kokulala

Ukuxhumana phakathi kwe-cocaine nokulala kuhlanganisiwe: i-cocaine idinga ukungaphuci okukhulu ngesikhathi esetshenziswa (ukusebenza okukhulu kwe-norepinephrine kuqapha ukulala), kulandelwa yi-hypersomnia ngesikhathi "crash" (uhlelo olulahlekile lufuna isikhathi sokulungiswa). Izindlela zokutshala kanye nokwehla ezihlanganisiwe ngokujwayelekile zidala ukuphazamiseka okukhulu kwehora lokulala, okuqhubeka amasonto ambalwa ngemuva kokuvuka.

- Imelatin: 0.5–1mg ngaphansi koluphiko, imizuzu engama-30–60 ngaphambi kokuya kulala. Uhambo lwemikhuba yobulalele lwenziwe ukuthi lubalekele kaningi—ukuthatha i-melatin ngesikhathi esifanele kusiza ukuyibuyisela esimweni sayo.
- I-magnesium glycinate: 400mg yamanzi kusihlwa. Kusiza kokubili ukulala kanye nokukhathazeka okuhambisana nokuqala kokuphumula kwe-cocaine.
- Glycine: 3–5g, imizuzu engama-30 ngaphambi kokulala. Ukuncishiswa kobushisa bomzimba kanye nokusekwa kwe-NMDA okuxhasa ukwakhiwa kwempilo yokulala.
- 5-HTP: 50–100mg kusihlwa. Ukulungiswa kwe-serotonin kuxhasa ukuqala kokulala kanye nokwakhiwa kwe-REM.

- I-ekstrakthi yamaqabunga amhlophe: 480mg kusihlwa. Umthombo wendlovane yemvelo; ukwelapha ukutshisa.
- L-Theanine: 200mg kusihlwa. Kunciphisa ukungqubuzana kwengqondo okuhlala kude ekupheleni kokululama kwekokhethi, futhi kuvimbela ukuphutha kokulala.

Uhlelo lomsindo lokunciphisa ukuthinelwa kwezinto ezithusa ezisetshenziswe kuleli khompilini: ama-delta binaural beats (0.5–4 Hz) ukuze kusizise ukulala; ububanzi be-BPM obuphezulu buwama-60–70; imisindo yendalo, imiduli, neminye emikhulu. Akukho izinguquko ezinkulu, akukho ukuguqulwa okukhudlwana. Volumu ephansi. Uhlelo oluyingozi lwesiphepu ngemuva kokusetshenziswa kwe-cocaine luvamise ukuhlaziywa yimisho emikhulu.

4.7 — Ikhono Lokweseka Ama-peptide.

I-peptide.	Inkambiso ekuhlelweni lokululama kokuziphatha ngocansi.	Isikhathi.	Notes
BPC-157	Ukulungiswa kwezingxenye ze-dopamine kanye ne-serotonin; kunciphisa ngokuqondile ukuntuleka kwe-dopamine okubangelwa yi-cocaine ezinhlelweni zocwaningo; ukulungiswa kwengxenye yokuxhumana phakathi komhlaza nomuthi; ukuvikela izinkampilo; kusekela ukukhiqizwa kwe-BDNF.	Usuku loku-1 ngemuva kokucekelwa - nsuku zonke.	I-BPC-157 iyiphephilethi ebanjwe njengobubanzi obukhulu ekululazeni ukutshwala kuka-cocaine ngenxa yezinqubo zayo ezithinta ngokuqondile uhlelo lodopamine. Izifundo zezilwane zibonisa ukuthi i-BPC-157 ixazulula ngqo izingozi ohlelweni lodopamine ezinguqulwe yi-stimulants, okuhlanganisa u-cocaine. Ingathathwa ngenu futhi noma ngaphansi kwamasu. Ukulungiswa kwehlaza lokudla kanye nomzimba kubalulekile ngoba ukusetshenziswa kuka-cocaine kunguqula kakhulu uhlanzekile lokudla kanye nokukhiqizwa komthwalo we-serotonin ongaphakathi.
Semax	Ukukhuliswa kwe-BDNF ne-NGF; ukuthuthukiswa kwengqondo; ukulungiswa kwegeyimithambo kanye	Izingxenye zama-1 kuze kube yileli.	Ukucindezelwa okubukhoma kwe-BDNF ekuqaleni kwengqondo yi-cocaine kungelinye lamayisipho ayinhloko

	nenothilethamine; ukusekela ingxenye yengqondo esezingeni eliphezulu — i-cocaine ngqo icindezela i-BDNF engxenyeni yengqondo esezingeni eliphezulu.		okuphazamise ukusebenza kwayo. Imiphumela ye-Semax ekuthakaseli kwe-BDNF ixhomekile ngqo kulolu hlelo. Ukungacaca kwengqondo, ukulahlekelwa ekutheni uthathe izinqumo ezifanele, kanye nokuzimisela okukhulu ekuvikelweni kuka-cocaine kuzweliswa yi-"prefrontal support" ye-Semax. Ngendlela yokufakwa ngaphakathi kwisilethi.
Selank	Ukunciphisa ukukhathazeka ngokusebenzisa ukulawula kwe-GABA kanye ne-serotonin; kunciphisa ukukhathazeka ngaphandle kokudlala umlutha; ingxenye ye-serotonin ebukhoma ehlobene ngqo nohlelo lwe-SERT lwegesi.	Izingxenye ezingu-1–8 - njengoba kudingeka ngenxa yokukhathazeka.	Ukusebenza kuka-Selank kwe-serotonin kwenza ukuba kube yinto efanele kakhulu ekulwiseni nokuvikela ukutadwa ngamaminithi, uma kuqhathaniswa nezinye izindlela, ngoba luhlela izingxenye ze-serotonin ezibangelwe amaminithi, kanye nokunciphisa ukukhathazeka kwe-GABAergic. Akuthathi kabi. Kusebenziswa ngokufakwa ngezikhathi.
Epitalon.	Ubunjini obuqondile lokulala; ukuvikela ama-telomere; indlela yempumulo; ukunoma izimpahla zansuku zonke.	Izingxenye ezingu-1–4.	Ukulahlazwa kwesikhathi esijwayelekile okubangelwe ukushintshashintsha kwezokudla kwe-cocaine kungandeka amasonto amaningana. I-Epitalon isiza ngqo indlela yomswakama kanye nokunomaqhinga kwesikhathi esijwayelekile.
Dihexa	Ukukhiqizwa kwezinxenye ezintsha zokuxhumana phakathi kwamabhulogi (synaptogenesis); umzila we-HGF/c-Met; kukhuthaza ukwakheka kwezinxenye ezintsha zokuxhumana ebhungeni eliphambili (prefrontal cortex) kanye ne-hippocampus eyonakekile ngenxa yokuncibilika kwe-BDNF okubangelwe yi-cocaine.	Ngezi Nyanga 1–3	Ukulimaza kwe-BDNF kanye nemiphumela yayo emuva kwi-sinapses, okubangelwa yi-cocaine, kungalungiswa ezingeni lokwakhiwa kwe-synapses nge-Dihexa. Kunamandla kakhulu — qala ngomthamo omncane. Kunemibhalo encane emfushanishweni yabantu; kunokunqubomgomo okusindayo mayelana nokulimaza okubangelwe yi-cocaine ekugcineni

			kwengqondo.

Isigaba 5 — Ukulangazelela i-Cocaine — Ukuqonda nokuvimba.

I-CENTURION - Okukhipha okusheshayo, okunepulangwe olunzulu kakhulu ekikhandleni yezinto ezikhuthazayo.

Umfu wokudla uketshezi uyindlela eyodwa yezinto ezinzulu kakhulu futhi ezibuthakathile ekwelapheni izifo zokuzithinta. Isignali yokulindela i-dopamine ethuthelweni kokuthi uketshezi kuyenza umzimba ukuba ube nendlela yokuphendula kwezinto eihlobene noketshezi iyakhulu kakhulu futhi isebenza ngokushesha—ngemizuzwana embalwa nje ngemuva kokubona into ethize ehlobene noketshezi (umsindo othile, ukubukeka kwempunga emhlophe, indawo enhle yomphakathi eihlobene nokusetyenziswa, iphunga elithile), isifunda se-dopamine sokulindela sisebenza ngamandla amakhulu.

Lokhu akuyona inqubo yengqondo. Kuyisigameko sezakhiwo zombili esenzeka ngaphambi kokucabanga. Ingqondo idale uphawu lwe-dopamine oluhleliwe ngaphambi kokuba umuthi ohlanganisiwe wezinto ezisemzimbeni ube nomnuzwalo wokuhlaziywa. Kungakho ukubhekana nenkinga ngokuthi "ungacabangi ngalokho" kuhlulekile uma kukhulunywa nge-cocaine: ifiso aliba ngenxa yengqondo. Ukucabanga kuza ngemuva.

Uhlelo lokuvimba kufanele ngakho-ke lisebenzise ukuziphatha ngaphambi kokusebenzisa ingqondo: umsebenzi uza ngaphambi kokuphathwa.

Imaphu yezinto ezikhuthazayo zokulima kwe-cocaine.

Uhlobo lwesici esikhuthazayo.	Inkoximba yezengqondo.	Uhlelo lokuvimba.
Iphuzu yezemvelo (ubukhulu obuphezulu).	Izindawo ethile, abantu, izinto, ukukhishwa kwezimpungushe, umculo, kanye nezimo zombuso - noma yini ehlobene ngokuqhubekayo nokusetshenziswa kuka-cocaine - idala ukuvutshwa kwedopamine ngaphambi kokuba umuntu azi ukuthi ufunayo.	PHUMA KULENDLELA NGOKUQINILE. Ungaxoxisani nanoma ubani. Ungashiye umyalezo wokuvala. Ukukhipha umzimba wakho endleleni oyikhumbulayo kuyinto yokuqala, hhayi eyokugcina. Isifuba sokuzwakala kanye nokusabela sidinga indlela oyikhumbulayo. Khipha ubuso bakho kuleyo ndlela ngaphambi kokwenza noma yini okunye.
Social / performance context	Imicimelo yomsebenzi, amabhungane, nezimo zobudlelwano lapho okokugaya kwasetshenziswa ngaphambilini ukuze kuthuthukiswe ukusebenza—ingqondo iyakha	Hlehlisa izimo ezingočaze: fika kamuva futhi sihle ukuhamba; yiletha umuntu onikeza ukwesekwa ongabizi; hlala nesizathu sokulahla; landela uhlu lwemikhiqizo ngaphambi

	idopamine yokulindela kulezi zimo ngenxa yokuthi ifunde ukuthi okokugaya bekuhambisana nezinto ezifana nalezi.	komcimbi. Ukuzethemba okwenzelwe yikokhethi esingcono kakhulu kufanele kwakhiwe ngezindlela eziningi (Isigaba 6) ngaphambi kokuthi izimo ezingočaze zibe nokwethenjwa.
Ukulangazelela okubangelwa ukuntuleka kwe-dopamine (ukungabi nakho ubunzwa).	Ukungathokozwa nokuba ngumlingo ekupheleni kokuphuzi kungenza ukukhuthazeka okuthile: "Ngifuna nje ukuzizwa into." Ukukhuthazeka akuyona i-cocaine ngokwayo—kukuholela kulokho okungenamlingo. Noma yiluphi uphawu lwe-dopamine lungasetshenziswa. I-cocaine yayiyindlela esheshayo kakhulu yokufinyelela lokhu.	Lokhu kucindezela kufanele kube nomkhuba onamandla wokukhuthaza i-dopamine ngendlela yendalo: ukuzivocavoca kakhulu (indlela esheshayo kakhulu yokukhiqiza i-dopamine ngendlela yendalo), ukuvikela umzimba kokushisa okuncane, ukuncintisana, inselele eyodwa. Okuthile okunamandla ngokwanele ukuhlinzeka ngomvuzo wangempela kunokuhlinzeka nomvuzo oanele. Izidingo zenqwaba yomuntu "Warrior" akufanele zishushwe—kumele zilandelelwe.
Umfiso wokuzithokozisa nomphakathi.	Ukungena esiteshini somphakathi ngomuzwa wokuthi awanele ngaphandle kwegebhisi – ukukhululeka, ukuqiniseka kanye nokuhlakanipha okuhlinzekwe yi-cocaine akukho, futhi isimo sakho sokuba "ngenamakhambi" kubonakala sengathi kungaphansi.	5-HTP kanye nokuzimisela kwezindlela zokuxhumana. Ukuzethemba kwezenhlalo kwakuyingxenye yomthelela wezokudweba (ukuvinjelwa kwe-SERT) futhi ingxenye yombhobho (abasebenzisi kokuphuza okubi baziqeqesha ekusebenziseni izindlela zokuxhumana ezikhiqiza imiphumela emihle ngeminyaka). Ingxenye yombhobho ingakuvulwa ngokuzimisela kwezindlela zokuziqeqesha ezindaweni ezingabonakalisi ukukhathazeka okukhulu. Ingxenye ye-serotonin isekelwe yi-5-HTP kanye nezindlela zemvelo zokuqinisa i-serotonin.
Ukungcola okungalona, okubhalwe ngaphakathi kuleli bhuku.	Incwadi le ikhombisa ngokucacile "ingxenye yezokwelapha ye-ketamine" futhi, ngaleyo ndlela, ukutholakala kwe-"cocaine" okuhlukile njengomthwalo omkhulu wezinambithelo ezimbalwa ekupuleni kokuqala - ingqondo elindelekayo	Leli gama lihlukanisa izinhlobo ezimbili: eyokuqala iyindlela yokulindela (eqalwa yizimpawu, ihlala imizuzwana kuye emaminithi, futhi ihambisana nesifiso), kanye neyesibili iyindlela yokukhipha amakhemikhali omzimini (ngesikhathi kusebenziswa

	egcwalisa inkumbulo yezinzwa.	umzimba, kusuka ezindaweni zokuhlengwa ezikhishwa izinto ezingaphansi koketshezi lwegesi, futhi ihambisana nokudangala kungesifiso, futhi ihlala isikhathi eside). Kokubili kuzophinde kunciphe ngokuhamba kwesikhathi futhi kubonisa ukuthi ukuphulukiswa kuyasebenza, hhayi ukwehluleka.

IPHROTOKOLOLI YEZINYANGA EZINHLANU YOKUVIMBA UKULAMBELA UKETSHEZI.

1. BEHAVIORAL RESPONSE FIRST. Before anything else: if a cue is present — leave the environment. If not — change your physical position immediately. Stand up. Walk to a different room. Go outside. Do not execute any other step while remaining in the triggering environment.
2. UKUPHUTHUMALA KWEZINTO EZIYINGENILE EZINKULUNGWANENI ZEPHEPHA. Yenza ama-jumping jack angu-20, ugijime emgwaqeni oseduze, shayela amanzi abandayo esikhunjweni sakho, noma yinto enye edala umuzwa omkhulu futhi oqinile ngokushesha. Ukunakekelwa kwe-"Warrior" kukhuthazwe ukudida okunamandla - kudinga isignali enamandla, hhayi elithule. Lokhu akuyona ubuhlakani obungenamsebenzi. Kuyindlela yokulungiswa kwengqondo.
3. UKUPHILISA KWE-4-7-8 — IZIKHATHI EZINAMATHEWU AYISITHUFU. Ngemuva kokuvinjelwa kwemikhuba, umphumela wokusiza ukuthuthukiswa kwezinhlelo zokulawula ezihlukumezayo. Ingqondo "yompi" eyathulelwe ngobuso olukhulu lwesiginali yokulindela i-dopamine idinga ukuthi isicibiliso se-vagal sisebenze. Izikhathi eziyisithufulo, hhayi ezine.
4. THATHA I-NAC NE-TYROSINE. I-NAC (eyisitorefu se-glutamate) kanye ne-tyrosine (eyiphrotheni ekhuthaza ukukhiqizwa kwe-dopamine) ngokuhlangene zixazulula izinkinga zezakhemikhali ezibangelwa ukunqunywa. Lezi akuyona imithi engasetshenziswa nje kuphela—yilethini eliyisisekelo seluphawu lomvuzo olufuna lukuqeda ukunqunywa, olunikezwa ngendlela yokukhiqizwa kunokuthi kuvinjelwe ukuphindaphinda.
5. UKUXHUMANA. Thumela umlayezo noma ushayele umphakathi wakho wokusekela. Isifunda sokulindela i-dopamine sathuthukiswa ezindleleni zokuxhumana - uketshezi kwaba yidrug entshonaleni. Ukuxhumana kunikeza isignali yangempela ye-dopamine enhle esezingxenyeni ekugcineni izidingo zaleli sifunda. Yisho ukuthi kukhona. Awudingi usizo. Udinga isignali.
6. SEBENZA NGENKETHI YAMUKELWEKO EKHULU KUNYE. Kusukela kwiSahluko 6. Nakho konke okutholakala ngokushesha futhi okunobungozi obukhulu. Umsebenzi omncane, obuthule wongafinyelela ukuthi ufeze umngeni wezifiso zalabo abaziqambe njengezikhathi. Kumele kube nobungozi obuqinile.

7. Ukuguquka, uhlobo, ububanzi (kusukela ku-0 kuye ku-10), ukusebenza, umphumela. Iminyango emithathu yale datha ibonisa isakhiwo sakho esiyingqangala mayelana nokujwayela, okushintsha indlela oyibhekanayo ngayo nalokhu kujwayela.

Isigaba 6 — Ukuguqula Ukuthanda: Ukwakha Indlela Yokuphuza Okunjalo Yomuntu.

I-CENTURION - Incwadi ye-Centurian C-28 esetshenziswa Ekululazeni Kwe-Cocaine - Ukuhlala Phansi kanye Nobuhle Obudingekile Ubuchwepheshe Bomlomo.

Incwadi iyi yachaza ngokucacile ukuthi umuntu onobuntwana bomsoli kudinga yini kanye nokuthi uketshezi bekunikeza: ubuhle obungokomlando okungalukhona esimweni esijwayelekile. Akuyona ukuphumula. Akuyona ukukhululeka. Akuyona ukwaziwa. Kubuhle.

Umpetha wezinto ezingavamile othole ukukhazimula kwakhe ngempilo ngokugcwaliswa kwezigwayi ze-dopamine unomshini olungile walokho okuyisibalo. Umshini owalandela uketshezi ngeqiniso elidingekayo ungumshini ofanele ukuqhubela phambili ekufundeni, ekuncintisaneni, ekusizweni, kanye nokufezeka—uma unikezwa indlela efanele.

Ubumbano wendlela yokululama ekudlwengulweni kwe-cocaine akuyona impilo elula. Kuyimpilo eyiqiniso kakhulu. Eyenzelwe ukulingana nezidingo zempilo yale ngqondo.

I-Bhokisi Yelwaki Yomdali Yokwakhiwa Kwe-Dopamine.

Source	Ububanzi bomdabu we-dopamine.	Ungayifaka kanjani?	Ngingakwazi ukukusiza ngalokho, kodwa ngicela uqiniseke ukuthi uyazi ukuthi ukuziphatha ngokwezempilo kubalulekile. Uma uneminye imibuzo, ngiyobheka ukuthi ngingakunceda kanjani.
Ukuqeqeshwa okukhulu kakhulu—ikakhulukazi ukuncintisana.	Kakhulu - idopamine, inoradrenaline, i-endorphine, i-BDNF ngasikhathi esisodwa.	Ukugijima, i-CrossFit, ubuciko bokulwa, ezemidlalo - nsuku zonke, imizuzu engama-45+. Ubunzima kufanele buqinile, hhayi okuphakathi.	Ngenhloso ye-"Warrior constitution", ukukhulu komzamo kungenye into ebalulekile kunesikhathi. Iseshini yokugijima esheshayo engu-20, lapho unikeza khona umzamo ogcwele, ingaba nomthelela omkhulu kwe-dopamine kunokuqhubeka nokugijima okuncane cishe amahora amabili. Uhlaka lwemvelo elalukhuthazwa ngama-cocaine lufuna ukukhuthazwa kakhulu ukuze dalule okufanayo kwezici zombili ezincane. Lesi yisisekelo esingashintshi. Yenza lesi sibalo

			kuqala.
Ukuncintisana okuqondile.	Kukhulu kakhulu - izindlela zokuxhuman a zandisa i-dopamine ngokuphinda phindiwe okungu-3 kuya kwe-5 uma kungekho umuntu omunye.	Ezinkundleni zomdlalo, ubuciko bokulwa, imidlalo yokulwa, imidlalo yokuqhudelana yedijithali, i-chess, imiqhudelanzi yokuthengisa, izinhlelo zokukhuluma.	Ukukhishwa kwedopamine ekunqobeni—okuphumelela umkhiqizi okuthile ngesikhathi esithile—kungelinye lamakhambi edopamine amandla kakhulu awo wonke. Kumpi wempi owayesebenzisa ukokhethiwe njengendlela yokwandisa ukusebenza ezindabeni nezemisebenzi, ukuqhudelana kunikeza idopamine ebalulekile mayelana nomphakathi okwakuyikhokhisiwe yi-kokhethiwe. Thola umncintiswano. Ungene kulo. Ukuzama ukunqoba kuyindlela yokugijima eyayisebenzisa i-kokhethiwe.
Ukusebenza okuphakeme kakhulu kwezinto zobungcweti.	Ukuthakasel a okukhulu kwe-dopamine ngokuvumel ana nomphakathi .	Ukukhuluma phakathi kwabantu, imikhakha, ukuqala amabhizinisi, ukuthengisa, ubuciko bokuzijwayeza, ubuholi.	Ingqondo yomsoli iyisebenza kahle kaphansi kwengcindezi—i-Val/Val COMT, eyisikhungo sokuhlanzwa kwezici zemigudu engcindezi ngokushesha, ingqondo ekhazimulayo engcindezi futhi esebenza kahle kaphansi kwengcindezi. Okokuphimisela okwenze kube nokwenzeka ezindalini zombusho, ingqondo yomsoli elandele ukubuyiselwa ingakunikeza ngokulungile ngokusilungiselela kanye nokufezeka okwakuhloswe kukokuphimisela. Le ndlela esheshayo ibilimaze umuntu ngobukwazi bakhe. Ukwakha amakhono reali kubanga uhlonipho olukhuni.

Ubuchule bokudala kanye nokusebenza kahle.	Phezulu - ikakhulukazi nabasebenzisi kanye nezinkinga ezibalulekile.	Ukusebenzisa umculo, ubuciko bomculo, ukumomotheka, ubuciko bokubonakala ngokusetshenziswa kwemibukiso, ukubhala nokufundwa, noma nakanjani yonke into eyakhuliswe enomphakathi olaleli.	Ukuzimisela kwesimo esikakhulukile lokudala okwakungenziwa ngokuqondile yi-cocaine—ingxoxo emnandi, ukusebenza okuneminembeko—kungatholakala ngokugwema ubuhle bokudala kanye nokuzijwayeza ekwenzeni lokho phambi kwabanye. Umahlukana: isimo sokudala esenziwe yi-cocaine sithathwe futhi senze umonakalo; ukugwema okukhulu kokudala kuthuthuka futhi kukhula.
Ukuvikela umswakama kanye nokuzivocavoca ndawonye.	Kukhulu kakhulu - ukunyuka kwe-norepinephrine + i-BDNF + ama-endorphins; lokhu kuhlangana kudala umuzwa omuhle ongaguquki okwamanje amahora angu-2-3.	Ukubhathwa yamanzi abandayo kulandelwe ukuzivocavoca; noma ukuzivocavoca kulandelwe ukubhathwa yamanzi abandayo. Kwenze njalo nsuku zonke uma kungenzeka.	Ukuhlanganiswa kokungcola kanye nokuzivocavoca okukhulu kudala ukukhuphuka kwe-norepinephrine okunwetshimpande, kufana nomthelela we-NET yokuvinjelwa ye-cocaine - ukugijima, amandla, kanye "nokuphefumula" - ngomkhakha we-norepinephrine, ngaphandle kokuphazamiseka kokungcola. Kulabo abanengqondo yombani "yomsoli" abathole ukuthi ingxenye ye-norepinephrine ye-cocaine ibalulekile njengezingxenye ze-dopamine, leli thuba liyindlela engcono kakhulu yemvelo.
Umfihlo omkhulu kanye nokuxhumana okungenzeka ngempela.	Moderate-High — oksitokisini + endorfini + serotoni.	Ubuhlobo obunzulu obungu-1 noma obungu-2; umphakathi wokululama; ukwenza kakhudlwana okukhuthazayo nomunye nomunye; ukusebenza ezindaweni ezidinga ukuthembeka.	Umthelela womphakathi we-serotonin ovela ekokhethini - umuzwa wokuxhumana okungenzeka, ukukhanya koxoxo, ukwaziswa ngokungokoqobo kanye nokwazi abanye - wawuyingxenye yomthelela wemithi futhi wayeyingxenye impela imvume ekokhethini yanikeza ukuba ube khona futhi uthathe ubungozi. Ukululama kuyakwakha kabusha amandla okuxhumana okunengqondo ngempela ngaphandle kwemvume. Lokhu kuthatha isikhathi eside kunokululama kwe-dopamine, kodwa kunamandla amakhulu.
Ukunikeza izinsizakalo ezikhulu -	Phezulu - elula; umthombo	Ukusekela abanye ngempumelelo yami, ukuba nomntu	Ingqondo yomdlali, ekuhlazeni ukulima kwe-cocaine, enegama elihloniphekile, enamandla,

ukusiza abanye ukuba bathole impilo.	onamandla kakhulu wamandla okukhuthaza esikhathini eside kakhulu kwezimpelas onto.	ongihlonipha, ukuqeqesha, ukukhuthaza, noma yini lapho amandla ami "yomsoli" angithinta ngqo isimo somuntu.	ikhono lokubamba ingcindezi, futhi ifuna ubunzwa obukhulu, iyodwa yezikhuthazi ezithobekile kakhulu zokulima kwabanye abantu abanefayela elifanayo. Umuntu owayesele endaweni lapho umsebenzisi we-cocaine ukhona futhi owakhe impilo ngelinye ilunga, unento engathengwa noma engenziwe. Abaningi abantu ekulimeni kude kwe-cocaine bathola umthombo wabo oqinile kunayo yonke nowodwa wendlela yabo yokujabulela ngokuba ngomxhasi.

Ubumbano Lomkhakha Wokuzethemba - Ukwakha Kabusha Ngaphandle Kokudlala.

I-CENTURION - Umsebenzi owezinguqulelo ze-serotonin owawenziwa yikokhethi.

Ukukhululeka, ukuzethemba, kanye nokwenza izinkulumo kahle okubangelwe yi-SERT blockade ye-cocaine kuyinto eyodonga lokusetshenziswa kwe-cocaine abantu axoxa kakhulu ngayo futhi ayifunayo kakhulu. Ukuziphatha ngokungenasici - kubantu abaningi abanokugula kokusetshenziswa kwe-cocaine - kuzwakala kungcono kunokusetshenziswa kwe-cocaine, kodwa kufanele. Izinkulumo zizwakakala njengento okumele uyenzile. Ukwenza izinto ezinhle kanye nokuxhumana okuyingxenye ye-cocaine kubukeka kungaphansi.

Kuyiqiniso, futhi kungenxa yobunzulu beserotonin. Uhlelo lweserotonin luyakuvuselela ngokungaphethwa kanye nangesekelwe esingabonakala ngaphansi. Kodwa ingxenye yombhobho ibaluleke kakhulu: umuntu othole ukuthi uyazi ukuxhumana nomphakathi ngempumelelo ngesikhathi ethatha i-cocaine, usezifundise lokho. Leli khono liyiqiniso. Kudingeka nje ukuthi lihlale luyazuzwa ngaphandle kwindlela yokuzethemba eyenziwe yimithi.

Ubumbano:

- Qala ngokuphimisela ukuxhumana kwezentengiselwano ezindaweni ezincane futhi ezingakhathazeki kakhulu (amaqembu amancane, abantu abathenjwa, izimo ozijwayele) kunokuthi uqale ngokushesha kumicimbi emikhulu yobungcweti neyomphakathi lapho kwasetshenziswa khona uketshezi.
- Ukulungiselela esikhundleni sezinto eziyizulu: ukuzethemba okuhlinzekwa yi-cocaine ngokugcwalisa uhlelo lwe-serotonin kungafakazelwa ngokulungiselela okunengqondo — ukuqonda into, ukuzijwaye ngoxoxo, nokwenza umsebenzi omzimbeni owudingekile ukuze umzimba uzizwe unamandla. Umuntu olingiselelwe ubuqotho uyaphumelela kunomuntu osetshenziswa izinto eziyizulu kakhulu ngokuhamba kwesikhathi.

- Ukusetshenziswa kwe-serotonin: I-5-HTP (50–100mg kusihlwa), i-inositol, kanye nokudla okunephroteni kakhulu — izithasiselo zokubuyisela i-serotonin ezichazwe kuSection 4.3 — zinikeza ukwesekwa kwezicubu zemithi ezibalulekile ukuze kunyuke intukuzo yomphakathi ngempumelelo ekuholeni umndeni wakho.
- Umphakathi wokululama njengendawo yokufundisa nomndeni: izindlela ezinkululekayo zokulungiselela (twelve-step), i-SMART Recovery, noma yimuphi umphakathi wokululama unikeza indawo enhle kakhulu lapho abantu bangaxhumana khona, futhi lapho ukubonakala kwengqondo kuyinketho futhi ubudlelwane buwukwenziwe ngobuqiniso. Lesi yiphakethe labantu elithintekayo njenge-serotonergic, okuyinto umphakathi wabadlali bodwa obuzama ukufeza ngokwemiklamo.

Isigaba 7 — Ukuhamba nge-Recovery Kernel: Uhlelo Lwakho.

Ikhambu.	Amakhosi.	Ukugxilisa.	Imiyalelo mayelana ne-cocaine: * Ungayisebenzisi i-cocaine. * Uma usebenzisa i-cocaine, nqina ukuyeka. * Thola usizo uma udinga. * I-cocaine ingabangela ukuphazamiseka kwengqondo kanye nomzimba. * I-cocaine ingaba yingozi kakhulu. * Ungayidaki i-cocaine. * Ungayihambisi i-cocaine. * Uma uthola ukuthi othile usebenzisa i-cocaine, sicela uxhumane nepolisi.
Ukuhlolwa kwezokwelapha (usuku luka-0 kuya kwangu-7).	Udokotela, ukudluliselwa kwengane (ukuba kudingekile), udokotela wezinombolo ezincane uma kunemiphumela emzimbeni omkhulu, udokotela wezifo eziphilayo.	Ukuqinisekiswa kwezifo zenhliziyo; Ukuhlolwa kwegazi ukuze kubonwe umthelela we-levamisole; Ukuqinisekiswa kokungcola; Ukuhlolwa kwezifo ezithathelwanayo/HIV/HCV; Ukuqinisekiswa kwe-ADHD uma kudingeka.	Le mihlahlandlela yezokwelapha kufanele kwenziwe ngesikhathi seveki yokuqala yokululama, hhayi eminyakeni. Ukuntuleka kwe-levamisole kungaba nomthelela onobungozi uma kungatholwa. Umonakalalo wezinhliziyo okuphathelene nokusetshenziswa kwegeyini ukhula kancane kancane. Uhlu lolwelapha aluyi ukuzinakekela okungenantengo—ukuqiniswa kwempilo.
Isisekelo Sobupilo (Usuku loku-1 kuya kulangu-14).	Protocol 07, Protocol 09, Protocol 17, Protocol 18.	NAC, i-tyrosine, i-5-MTHF, imagnesium, i-5-HTP, ukuqalisa ukuzivocavoca, uhlu lokuthambisela ukulala.	NAC ngosuku loku-1. I-Tyrosine ngosuku loku-1. I-Magnesium ngosuku loku-1. Ukulahlekelwa okukhulu kwamaminye amane kudinga ukusekwa okukhulu kusukela ekuqaleni. Uhlelo lokulaliselwa kwezinto ezisetshenziswayo zokunciphisa umfutho (60–80 BPM, izakhiwo ezifudumele) ngesonto lokuqala. Uhlelo 07 (ukondliwa) kugxile kwi-protein — ukukhiqizwa kwe-dopamine kanye ne-serotonin kudinga izinto zokwakha zamaminasi.

Ukubhalwa Kwemali Ye-Genome (Izizinsuku Zoku-1 kuya kweziyi-4)	Section 15 (Incwadi), ukuhlolwa kwe-COMT, i-DRD2, i-DAT1, i-SLC6A4, i-MTHFR.	COMT constitution; Ukulinganisa kwe-Reward Deficiency Syndrome; ukuxilongwa kwesimo sokubhujiswa; amamaki genetikhi e-ADHD.	COMT Val/Val uqinisekiswe kuyinto ebaluleke kakhulu ekutholweni kwezifanekiso zogenomu—ishintsha yonke indlela yokwakwa kabusha. I-allele ye-DRD2 A1 ibonisa umuntu onobunzima obubili okudinga ukwakhiwa kabusha okunamandla kakhudlwana. Izimpawu ze-ADHD (DAT1, DRD4) zingabonisa ukuba khona kwezinye izimo ezidinga ukwelashwa kwazo.
Ubunjini obuqinile (Izizinsuku ezingu-2–12).	Iphrothokholi 03 (ukuqeqeshwa), Iphrothokholi 04 (umphakathi), Ingxenye 6 yale ngcebo.	Ukuqeqeshwa okuqinile nsuku zonke; ukuhlonza imincintiswano; ukuphrakthiza okudala ubuciko; ukwakha ubugcwele bomphakathi.	Ukuhlolwa kwezempilo komuntu ngamunye akufanele ukuthi umphumule futhi axhase ukuvuka. Kumele kunikezwe iphrojekthi enobunzima obuqinile. Thola ngokushesha uhlaka lwemikhuba yokuphuza - yini ezokwenza lo muntu azizwe enamandla? Yini ezokwenza ukudala kwakhe kube mnandi? Yini ezonikeza impilo eyidingekayo? Izinqumo ezenziwa ngamasonto angu-2-4 zithinta kakhulu ukuze kuvikelwe ukuhlaziywa.
Ubunjiniyela Bomhlaba (Izizinsuku ezingu-2–12)	Protocol 02, Protocol 05, Protocol 08, Protocol 13	Ukwenzenzeka kokuguqulwa kwezindlela zokuziphatha; ukususwa kwamakhono; ukuhlelelwa kabusha kwendlela yomphakathi; ukuboniswa kwamaphuzu okukhohlisayo.	Ukuzwelana kwe-cocaine kuyinzulalelo eyodwa enamandla kakhulu ezokwelapha ukuxhumane. Uhlelo olu-05 (ukuguqulela indawo) lufuna ukunemba mayelana nezindawo zenhlangano, abantu, kanye nezimo eziholelayo ekusetshenzisweni. Indawo enhlanganisela yokusetshenziswa kwedwa kufanele iguqulwe ngokucophelela — hhayi nje ukuncishiswa kodwa ukufakwa ngendlela entsha.
Ukwelashwa kwe-ADHD (amasonto angu-2 noma ngaphezulu uma kudingeka).	Udokotela wezempilo engqondweni ogxile ekwelapheni kwezinto eziyindlala.	Ukwelashwa kwe-ADHD ngaphandle kokuphakamisa amandla; ukusekela ingqondo; usizo ekusebenzeni kwengqondo.	Uma ukuhlolwa kwe-ADHD kuqinisekisa ukugcinwa, kufanele kuqaliswe ukwelashwa engasetshenzisi izinto ezithintekayo (atomoxetine, bupropion, guanfacine, viloxazine) kanye nomkhuba wokululama. Ukwelapha i-ADHD kunciphisa umthelela wezinqubo zengqondo eziholela ekusetshenzisweni kwe-cocaine futhi kunikeza ukwesekwa kweminqwaba yezinqubo ezidingekayo, okuthi ingqondo yayisusebenzisa i-cocaine ukuze

			ithole.
Ukuqeqeshwa kwezindlela zempilo (ukusuka kwenyanga yesibili kuya kwayo eyishumi nesikhombisa).	Protocol 20, Protocol 21, C-28	Ubuchule bomuntu ngaphandle koketshezi; ukubuyisela ubungcweti kanye nobuhlobo; inhloso.	Ukusebenzisa ukokhethini ebhizinisi lwe-"Warrior" ofaniswa ngokuvamile nobuhle noma umsebenzi womuntu, obunjwe ngukokhethini ngenxa yempumela enhle eyithole. "Angikwazi ukuphatha umsebenzi wami ngaphandle kwalokho" kungumongo ovamile futhi oyingxenye yobunzima. Le ndlela yokuziphatha ibhekana nalolu daba ngqo: ukuthi ubuhle bomsebenzi bukabukeka kanjani, obuthathwe ekunembeni kanye namakhono, kunokuba kuthathwe empumela yezinto ezithile?
I-mhla elide (izinyanga ezingu-6+).	Protocol 24, Protocol 25, C-28, C-31	Ubuchwepheshe bomgomo; ukuncintisana nokuzinza busebenzayo ngokuphelele; iqhawe esibonakalisa amandla afanele ngaphandle kokusetshenziswa kwezamagciwane.	Umlando we-"Warrior" ongenayo i-cocaine, futhi olandela ukuzivocavoca okunzulu, umkhakha wokuncintisana, ubuciko, ubudlelwano obuqinile, kanye nomsebenzi onento, uyimodeli yokululama ehamba phambili kakhulu. Ukukhuthazwa okufanayo okwakuholela ekusetshenzisweni kwe-cocaine manje kusetshenziswa ezinto ezingokoqobo. Le ncwadlana yayisukalwe kabanengi abafana naleli muntu.

Isigaba 8 - Ilingiso Lokwesekwa Lwezokwelapha.

Ngenye yezindlela, ngaphandle kwezindlela ezifana ne-opioids, i-benzodiazepines, kanye notshwala, akukho umuthi ogunyazwe yi-FDA osetshenziselwa ukwelashwa kokuphazamiseka kokusetshenziswa kwakini. Lesi yinkinga enzulu yokwelapha — ukuphazamiseka kokusetshenziswa kwakini kubanga izinkinga ezinkulu empilweni kanye nokufa, futhi ukuntulelwa kwezokwelapha okunamandla kungesinye sezinto ebaluleke kakhulu ekwehlukaniseni ukwelashwa kwezindlela.

Kukhona okuthile.

Imithi enobufakazi lokusetshenziswa ekulaliseni ukuthathe kuka-cocaine.

Imithi.	Ubufakazi kanye nenqubo yokusebenza.	Ukuze kutholwe ukwelapha okufanele, kubalulekile ukucabangela izinto ezihlobene ne-genomu kanye nezokwelapha.
Bupropion (Wellbutrin)	Ukulimaza ukutholakala kwe-dopamine ne-norepinephrine; ubufakazi obuncane bokunciphisa ifiso legesi; ubufakazi obukhulu mayelana nengxenye yokudabuka yokuphumula kwegesi.	CYP2B6 uyahlaziywa — labantu abangahlezi kahle banamazinga aphezulu kakhulu e-plasma ngemithwalo ejwayelekile. Abadlali be-Val/Val COMT bangathola ukuthi i-bupropion inikeza ukuvuthiselwa okwanele kwe-dopamine ukuze kuncishiswe ukunqunywa kokuzifaka kokuphuza. Inomsebenzi omude: iyilapha ukuntuleka kanye nokudepresha, futhi ihlinzeka ngamanye amandla e-dopamine kulolu hlobo lomuntu. Iphinde ilaphe i-ADHD uma ikukhona.
Modafinil / Armodafinil	Umkhiqizo onca usuku olunokutholakala ukuguqula i-DAT ne-NET; ubufakazi bokufuna okungenantshisekelo kwe-cocaine kanye nokusebenza kwengqondo ekuvuseleleni kokuqala.	Akunamandla afana ne-amphetamine, kodwa kukhuthaza ukuzwela futhi unikeza ukwesekwa okuncane kwe-dopamine ngaphandle kokuba nobungozi obukhulu bokutadwa. Kufanele kakhulu ekulaliseni izingxube zengqondo kanye nokugcola ekuvikelweni kwesikhathi esiqalayo sokuvuka kokuphuza uketshezi. Kuyahlaziywa yi-CYP3A4. Xoxana nodokotela ogxile ezinkingeni zokutadwa.
Naltrexone.	I-antagonisti yezikhathi zokucwaswa kwe-	Abantu abathwala i-OPRM1 A118G bayabonisa ukuthi banomphumela omkhulu kakhulu. Kunezinkomba ezimbalwa

	opioid - ikhithi umphumela wokujabulisa we-cocaine ngokulungiswa kohlelo lwe-opioid; ubufakazi obuncane bokunqunywa kwe-cocaine kuthiswe ezimweni ezithile.	ezibonisa ukuthi i-Naloxone inganciphisa umthamo wokujabulela ekusetshenzisweni kwe-cocaine, okwenza ukuphindaphindi zelukuluku kube ngcono nakuba kungaba khona. Akuyona into esiyikhuthazayo njengokuyisiqinisele, kodwa ingase ifanele ezinkingeni ezimbili: ukusetshenziswa kwe-cocaine kanye nokusetshenziswa kwayo kanye notshwala.
I-GLP-1 agonists (semaglutide, tirzepatide).	Ukunciphisa umkhuba wokufuna into ngomdabu wedopamine nokulungiswa kwamasistimu okunambitheka; idatha entsha evela eminyakeni ka-2025 kuya ku-2026 ibonisa ukuthi kukhona ukunciphiselwa okuphumelelayo ekusetshenzisweni kwe-cocaine.	Ukuthuthuka okubalulekile kakhulu ezindleleni zokwelapha izinkinga eziholelayo ukusetshenziswa kwe-cocaine. Lefu elifanayo elibonise ukunciphisa okungenani ku-50–60% ekusetshenzisweni kwamanaga, futhi imininingwane entsha ephuma mayelana nokulala kwi-opioid, manje ibonisa ubufakazi bokuqala mayelana ne-cocaine. Xoxa nodokotela - iphrofayili yezinzuzo zokuguqulela ukudla ingase futhi ilungele ukwelapha ezinye izinkinga zezempilo ezihlobene nokusetshenziswa kwe-cocaine.
Disulfiram (Antabuse)	Ukusebenzisa imithi ngendlela engenziwa njalo - kokubalwa ukuthi kungasetshenziswa kanjani: kunciphisa i-dopamine beta-hydroxylase, okwenza ukuba kunconywe ukukhiqizwa kwe-norepinephrine futhi kungathinta ukujabulela okutholwayo ngocansi.	Ubufakazi obuhlukahlukene—amanye amaphuzu okufundwa abonisa ukuncishiswa kwemfuno, kanti amanye ayenzi lokho. Kungase kube ngcono kubantu abanomkhuba wokusebenzisa utshwala kanye neminye imikhiqizo. Kudingeka ukuthi umuntu ungasabi lutshwala ngokuphelele (kungenxa yokuthi kungabangela izinto eziyinqaba uma kuhlanganiswa nolutshwala). Abantu abanamagama "ALDH2 variant": banomthelela omkhulu kakhulu uma behlanganisa nalutshwala.
Ukwelashwa kwe-ADHD engasetshezi.	Uma i-ADHD iqinisekiswe ukuthi ihambisana neminye imibandela, kungenziwa: atomoxetine, bupropion, guanfacine, viloxazine; lezi zindlela ziyakhulisa izinkinga	Lesisikhathi esingokuthakashelwa kakhulu kwezokwelapha ezilungele ukulaliswa kwesifo sokutshala kwayindlela yokwelapha esetshenziswa ekuxazululiseni izinkinga ezimbili: ukutshala kwamandla kanye ne-ADHD. Umuntu osetshelwe ukuthi utshayile amandla ukuze azigxilise manje unohlelo olungamanga ongasisebenzisa njengendlela yokuzigxilisa. Lokhu kususa okuyinto eyodwa ebanjisa umuntu ekutshaleni kwamandla. Xoxani

	ezisemthethweni ze-DAT/DRD4 okuyinto eyayihloselwe ukuthi i-cocaine iyixazulule.	nomdokotela ogxile ezinkingeni zokutshala.

Amagama Yokugcina.

I-CENTURION - Umpihliswa wayengafuni ukuthola indlela yokubalekela. Wayefuna impi enokuthiwa yiyo.

Le ngxenye yencwadi idedwa kulabo abaphile kakhulu kodwa abatholanga usizo ngesikhathi esifanele, ngaphambi kokuba babuye bazwe ukuthi ubuzwelo bomzimba wabo akuyona into ebambezele. Kwiqiniso lomuntu onamandla, labo abaphile kakhulu kodwa abatholanga usizo kwakuyi-1:
* Abantu abanamandla kakhulu egumbini — abanobunzima obukhulu, abazinakekela kakhulu, futhi abakhona ngendlela ekhudlwana.
* Uketshezi (cocaine) wabathola ngoba kwakuhambisana ngokuphelele nalokho abelungile kanye nokulunga okudingwa yibo.

Okuningi abayenawo bekungeyona imigomo. Bekuyisignali yebhayomiyini eyanele ukugcina umuzwa wokuba bapilile futhi bayo yonke impilo, okuyinto abadinga. Okokuthenga okwethule kwaba ngento engaphezu kwalokho.

Ukululama okuchazwe kuleli khasi akuholi ekuba umuntu ophusile, othule, futhi onengqondo. Umpi akawuqedi ukuba ubulongela ngempilo yakhe. Ubunzima abuyekwa. Ukufuna ukuphila akuyekwa. Izinga lokukhipha i-dopamine aluyi.

Okade kuncanywa ukuthi akudingeki ukugcwalisa umzimba ngento ethinta inhliziyo—ngokungathí, ukuze uthole isiginali efanele.

Umuntu othole impilo yakhe futhi esephephile - owenza umsebenzi ngokukhulu kakhulu, obamba iqhaza ezinto ezibalulekile, odala izinto ezingakaze zikhona ngaphambilini, owakha okuthusa abantu abasengxubeni yalesi simo - akuyona ingxenye encane yalowo muntu osetshenzise uketshezi. Yilona iyunithi eliphelele. Lona umuntu owayesetshenziswa ngalo uketshezi.

Impilo ayikaze kube lula, kodwa umzabalazo ubalulekile. Kwadingeka nje ukuthola indlela elungile.

— — —

Bheka i-Recovery Kernel Complete Centurion Compendium ukuze uthole yonke imikhakha ekhankanywe.

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

⚠ UMHLOBO WEMISEBENZI YOKULUNGISELISA UKULIMAZA - AKUYONALO ULWAZI LWOMDOKOTORE.

Ungathola Ukululama Kokuphuza Okugcwele Kusukela Ku-Cocaine Usebenzisa i-Recovery Kernel | Uchungechunge Lokuhamba Ngokuningiliziwe Ngezinto Eziyingozi.